

Introducing the Northern Snow Circus Programme for 2020 (Published 19th May 2020)

NSC provides an international quality alpine race training programme and race/event support for aspiring and experienced ski racers. A key goal of the NSC programme is to develop long term athletes with the main focus being on the "learn to train" to "train to win" pathway.

Key components of the pathway include Ski Racing (skills + race), Physical (dryland) and Mental skills. The NZ season is short (and the race schedule is very full). For this reason, sometimes our training camps will take precedence over race events. NSC will identify race events that complement your athlete's development. The training program is based on a series of training camps spread around different resorts in New Zealand that will provide a variety of terrain, designed to consolidate the athlete's skills.

NSC Partners with Team Hutt

NSC is excited to announce that we are partnering with Team Hutt for the 2020 season.

[See details here:](#)

The Calendar

The following calendar/guide is indicative of the programme that NSC athletes intend to implement within The Team Hutt program. Some of the final planning will be dependent on the confirmation of event dates by Snow Sports NZ and the respective resorts. E.g. at this stage many race events are not confirmed. Chris Mosaed as Team Hutt Program Director will communicate which event Team Hutt will be supporting when details become available.

This guide will give you a feel for what most of the 'NSC' athletes will be doing. The indicative programme includes:

- A series of long weekends; Friday, Saturday, and Sunday.
- Week 1 & 2 of the July school holidays - we envisage everybody training the first 2 weeks.
- Week 3 of the July school holidays – we envisage most of the senior squad will continue training.
- We have also scheduled several blocks of training (to replicate the original program):

August 6th -16th	Training block (To replace the Rainbow Intro to Speed camp)
August 21st -30th	Mt Hutt Tech week (Speed)
Sept 4th -13th	Training Block (Pre -Nationals, tentative tbc)
Sept 22nd – 28th	Nationals week Cardrona

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Queen's B/day	2	3 Snow Planet 6pm SL & SL Drills	4 Get snow fit 5pm	5	6 Snow Planet 7am tbc SL & SL Drills Get snow fit 9am	7
8	9	10 Snow Planet 6pm SL & SL Drills	11 Get snow fit 5pm	12	13 Snow Planet 7am tbc SL & SL Drills Get snow fit 9am	14
15	16	17 Snow Planet 6pm SL & SL Drills	18 Get snow fit 5pm	19	20 Snow Planet 7am tbc SL & SL Drills Get snow fit 9am	21
22	23	24 Snow Planet 6pm SL & SL Drills	25 Get snow fit 5pm	26 Mt Hutt -Free Ski	27 Snow Planet 7am tbc SL & SL Drills Get snow fit 9am Mt Hutt -Skills Junior Interfield - SP	28 Mt Hutt -Skills
29	30					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Snow Planet 6pm SL & SL Drills	2 Get snow fit 5pm	3 School Term 2 Ends	4 School Holidays Get snow fit 9am Mt Hutt	5 School Holidays Mt Hutt
6 School Holidays Mt Hutt	7 School Holidays Mt Hutt	8 School Holidays Mt Hutt	9 School Holidays Get snow fit 5pm Mt Hutt	10 School Holidays Mt Hutt	11 School Holidays Get snow fit 9am Mt Hutt Mt Hutt Jnr Interfield	12 School Holidays Mt Hutt
13 School Holidays Mt Hutt	14 School Holidays Mt Hutt	15 School Holidays Mt Hutt	16 School Holidays Get snow fit 5pm Mt Hutt	17 School Holidays Mt Hutt	18 School Holidays Get snow fit 9am Mt Hutt	19 School Holidays Mt Hutt/Porters Porters Interfield
20 School Term 3 Starts Mt Hutt	21 Mt Hutt	22 Snow Planet 6pm Mt Hutt	23 Get snow fit 5pm Mt Hutt	24 Mt Hutt Coronet Peak National Points	25 Get snow fit 9am Mt Hutt Coronet Peak National Points	26 Mt Hutt
27	28	29 Snow Planet 6pm	30 Get snow fit 5pm	31 Mt Hutt	August 1 Get snow fit 9am Mt Hutt	August 2 Mt Hutt
				3		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Get snow fit 9am Mt Hutt	2 Mt Hutt
3	4	5 Snow Planet 6pm	6 Get snow fit 5pm	7 Mt Hutt Intro to Speed	8 Get snow fit 9am Mt Hutt Intro to Speed Waimarino-Ruapehu National Points	9 Mt Hutt Intro to Speed Waimarino-Ruapehu National Points
10 Mt Hutt Intro to Speed	11 Mt Hutt Intro to Speed	12 Snow Planet 6pm Mt Hutt Intro to Speed	13 Get snow fit 5pm Mt Hutt Intro to Speed	14 Mt Hutt Intro to Speed	15 Get snow fit 9am Mt Hutt Intro to Speed Ohau Nat Points U14+	16 Mt Hutt Intro to Speed Ohau Nat Points U14+
17	18	19 Snow Planet 6pm	20 Get snow fit 5pm	21 Mt Hutt Tech Camp	22 Get snow fit 9am Mt Hutt Tech Camp	23 Mt Hutt/Porters Tech Camp Porters Jnr Interfield
24 NIPS Yrs 7&8 Mt Hutt Tech Camp	25 NIPS Yrs 7&8 Mt Hutt Tech Camp	26 Snow Planet 6pm NIPS Yrs 7&8 Mt Hutt Tech Camp	27 Get snow fit 5pm NIPS Yrs 7&8 Mt Hutt Tech Camp	28 Mt Hutt Tech Camp Mt Hutt Nat Points	29 Get snow fit 9am Mt Hutt Tech Camp Mt Hutt Nat Points	30 Mt Hutt Tech Camp Mt Hutt Nat Points
31 NIPs Yrs 1-6						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 st August NIPs Yrs 1-6	1 NIPs Yrs 1-6	2 Snow Planet 6pm NIPs Yrs 1-6	3 Get snow fit 5pm NIPs Yrs 1-6	4 Mt Hutt	5 Get snow fit 9am Mt Hutt Nat Jnr Champs CP	6 Mt Hutt Nat Jnr Champs CP
7 Mt Hutt Pre-Nationals	8 Mt Hutt Pre-Nationals	9 Snow Planet 6pm Mt Hutt Pre-Nationals	10 Get snow fit 5pm Mt Hutt Pre-Nationals	11 Mt Hutt Jnr Training Mt Hutt Pre-Nationals	12 Get snow fit 9am Mt Hutt Junior Inter Field Mt Hutt Pre-Nationals	13 Mt Hutt Junior Inter Field Mt Hutt Pre-Nationals
14 NISSC Yrs 9-13	15 NISSC Yrs 9-13	16 Snow Planet 6pm NISSC Yrs 9-13	17 Get snow fit 5pm NISSC Yrs 9-13	18 Mt Hutt	19 Get snow fit 9am Mt Hutt Whakapapa NI Champs Nat Pts NI Junior Champs	20 Mt Hutt Whakapapa NI Champs Nat Pts NI Junior Champs
21 Travel Day	22 Cardrona Training U14+	23 Snow Planet 6pm Cardrona National Champs U14+	24 Get snow fit 5pm Cardrona National Champs U14+	25 School Term 3 Ends Cardrona National Champs U14+	26 School Holidays Get snow fit 9am Cardrona National Champs U14+	27 School Holidays Cardrona Yth Selection camp U14+
28 School Holidays Cardrona Yth Selection Camp U14+	29 School Holidays	30 School Holidays				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 School Holidays Get snow fit 5pm	2 School Holidays	3 School Holidays Get snow fit 9am Spring Camp Mt Hutt Whakapa Junior Interfield	4 School Holidays Spring Camp Mt Hutt
5 School Holidays Spring Camp Mt Hutt	6 School Holidays Spring Camp Mt Hutt	7 School Holidays Spring Camp Mt Hutt	8 School Holidays Get snow fit 5pm Spring Camp Mt Hutt	9 School Holidays Spring Camp Mt Hutt	10 School Holidays Get snow fit 9am	11 School Holidays
12 School Term 4 Starts	13	14 Snow Planet 6pm	15 Get snow fit 5pm	16	17 Get snow fit 9am NZ Indoor Slalom Champs @ Snow Planet	18
19	20	21 Snow Planet 6pm NSC Prize Giving	22 Get snow fit 5pm	23	24 Get snow fit 9am Snow Planet Junior Interfield	25
26 Labour WeekEnd	27	28 Snow Planet 6pm	29 Get snow fit 5pm	30	31 Get snow fit 9am	