

## Progression Camp

[Click here to sign up and pay online!](#)

[Click Here For Summer Camps & Facilities 2010 Brochure!](#)

[Summer camp sign up 2010 application download](#)

[For more info email](#)

\n

Session Date: August 2 - August 6 2010

Bridged Weekend Agust 7-8 2010

August 9 - August 13

Cost

Full Day: \$349

Overnight: \$699

Bridged Weekend: \$175

This 5-day camp is designed to help skiers and snowboarders learn new tricks on rails, jibs and in the air. Campers will use our skate park (Zero Gravity), trampoline, and our summer jib set-up (Jib Harbor). To safely develop kids in their sport.

Mission

To develop each skier or riders ability and confidence by introducing a progression of techniques and tricks in a supportive environment.

## Camp Facilities

Our camps use the 25,000 square-foot indoor skate park in Hartford, VT, the 20,000 square-foot outdoor park in Lebanon, NH and our Whaleback Facilities in Enfield, NH. There is a flexible assortment of ramps, rails, jumps, spines, pyramids, as well as a 32-foot wide, 11-foot high vert ramp and quarter pipes. We also have a 600-foot NBL dirt track, in-ground trampoline, and other cross-training equipment.

## Lodging

Overnight campers stay at beautiful Kimball Union Academy in Meriden NH ([www.kua.org](http://www.kua.org)). The campus offers a swimming pool, fitness center, and playing fields. Campers are supervised at all times and must be in their rooms by 10pm with lights out 10:30pm.

## Meals

Overnight campers are provided three healthy meals with a variety of choice, including vegetarian. Day campers can bring their own lunch or buy lunch from Zero Gravity @ Whaleback.

## Arrival & Departure

All drop off and pick up is at Zero Gravity Skate Park at Hartford. Overnight campers should arrive Sunday between 1 &ndash; 5pm. Pick up is between 4 &ndash; 7pm on Friday.

## Transportation

Passenger vans will be used to transport campers from KUA to the facilities daily. Each van is well-maintained, insured, and equipped with safety features.

## Typical Routine

Each session starts with stretching and warm-up period followed by instruction, during which everyone learns new skills and techniques and campers are encourage to try new tricks. Proper body position and awareness are emphasized through video analysis and feedback. Gymnastic instruction and practice are scheduled through out the week. Goal setting and mental training workshops will also be presented.

## Other Activities

The BMX track, mountain biking, paintball, cross-training, equipment repair, arts and crafts, among other activities will also be available to full day and overnight campers.

## Age Requirements

Day campers must be 7 years of age or older; overnight campers must be 10 years of age or older.

## Safety Equipment

All participants  
MUST HAVE HELMET; knee and elbow pads are recommended.

## Camp Directors

Evan Dybvig, co-owner of Whaleback, is a 2-time Olympian, 2-time National Champion; and has 12 years experience coaching summer camps, including 4 years operating Camp Revolution, Mt. Hood, OR.

Frank Sparrow, co-owner of Whaleback, operated Zero Gravity, Rutland, VT, Central Vermont's largest skate park with 10 summer camp sessions yearly; has 15 years ski operations experience; and managed Killington's youth ski program.

Dylan Goodspeed, co-owner of Whaleback, has 12 years coaching experience and is a seasoned competitor.

Myles Cotter-Sparrow has 12 years of experience in coaching and is a seasoned competitor.

Zero Gravity seeks to achieve a 7-1 camper/counselor ratio to make for a great experience. All campers are supervised at all times of the day. Zero Gravity is a State of New Hampshire certified youth camp: Camp License No. 143.