

Push & Load in Park City

A 5 Day Event to Attract Athletes & Fans

Tuesday, September 4 – Push Track Training (Utah Olympic Park, Park City, UT)

A combination of Paid Training for National Team-level athletes and sled pushing and loading instruction for development team athletes and new recruits. The schedule will be adjusted to maximize availability of track time and coaching, but is currently planned for 5:00 PM to 7:00 PM each day of the rest of the week.

Wednesday, September 5 – Push Track Training (Utah Olympic Park, Park City, UT)

Thursday, September 6 – Evaluation Day (Utah Olympic Oval, Kearns, UT)

Administered by the US Bobsled & Skeleton Federation

First session at 3:00 PM. Second session at 6:00 PM

Push Track Training.

Friday, September 7 – Sport Seminar Day (Utah Olympic Park, Park City, UT)

Hosted by the Utah Skeleton and Bobsled Association

Each presentation will be 30-60 minutes. Lunch to be served.

Push Track Training.

Oh, the Places You'll See

An overview of the steps it takes to become an Olympian in the sports of Bobsled and Skeleton by Steve Peters

The Core of Any Athlete

Strength and conditioning in the sports of bobsled & skeleton by Greg Sand

All Things Sled

Selecting a sled and keeping it in tip top shape by Steve Revelli (skeleton) and Johnny Lofgren (bobsled)

It's Your Turn

An introduction to getting speed out of a turn by Brady Canfield

I Can See Clearly Now

A lesson in visualization techniques by Zianibeth Owen

It's Not Over Until It's Over

Sled inspection by Kurt Vicker

Put Your Game Face On

Race day preparations by Todd Hays (bobsled) and TBD (skeleton)

Saturday, September 8, 2007 – Race Day (Utah Olympic Park, Park City, UT)

Hosted by the Utah Skeleton & Bobsled Association and the Utah Olympic Park

7:30 AM The Bobsled Biathlon

A community event starting with a cycling race up Olympic Parkway to the Finish Dock followed by a running race inside the bobsled track to the Start House and then back down to the Finish Dock. Food items will be made available at the Low Point plaza area.

10:00 AM FIBT Invitation Push Track

Medal ceremony immediately upon conclusion.