ISSUE 01 · WINTER 26/27



SNOWBOARD + SKI TRAINING CAMP · LIVIGNO, ITALY · 23—27 DEC 2026

# TRAINING PROGRAMME.

## UNDERSTAND YOUR RIDING. KNOW WHAT TO TRAIN NEXT.

Feeling more confident on the slope, improving your technique, getting to grips with carving or trying your first freestyle moves — everyone comes with their own goal. At BAS CAMP we start from your level and build the training around what will move you forward.

Before the trip you get to know the theory. On the slope you work with a coach, see your attempts on video and use the tips in your next runs. After camp you get a personal programme for training on your own.

FIVE STEPS

BEFORE CAMP
### THEORY.
The coach's video library, at your own pace.

→

ON THE SLOPE
### COACHING.
Your level, your group, video on every attempt.

→

AFTER CAMP
### YOUR PLAN.
A personal programme to keep going.

01

BEFORE CAMP

## GET TO KNOW THE THEORY

homework first

You'll get access to the coach's video library: the basics of riding technique, explanations of the exercises and breakdowns of freestyle elements.

The materials help you understand in advance how the movements work, what to pay attention to and what to expect in training. Watch an explanation at your own pace and come back to the parts that raise questions.

02

FIRST RUNS

## FIND YOUR STARTING POINT

honest look

On the slope the coach watches how you ride: what already works, where control is missing and which habits hold your progress back. If it's your first time on a snowboard or skis, we start with the basics.

What you feel while riding doesn't always match how you actually move. Even a confident rider can go years without noticing a mistake. The coach helps you see it, explains how it affects your riding and decides what to work on first.

03

TRAINING

## WORK IN A GROUP AT YOUR LEVEL

your level

First we split riders into snowboarders and skiers, then by riding level. Beginners learn the basics; more experienced riders work on their technique and new elements.

The group has a shared theme and exercises you practise together. Everyone still gets feedback on their own attempts. When the coach spots a specific mistake, he picks an exercise that helps fix it.

SNOWBOARD + SKI · ALL LEVELS

# 04

VIDEO AND FEEDBACK

## SEE IT AND TRY AGAIN

During training we film attempts and go through them right on the slope. You see yourself from the outside, and the coach shows which moment to look at and what to change on the next attempt.

AGAIN. AND AGAIN.

THE LOOP

**ATTEMPT → REVIEW + FEEDBACK → EXERCISE OR FIX → NEW ATTEMPT**

So you have a concrete task for the next run and a chance to test the tip straight away. We come back to the exercise to lock the movement in, and make the task harder as you're ready. At the evening video review we look at what changed during the day, what still needs attention and what to focus on next.

XX

# WHAT WE'LL WORK ON.

The content of training depends on your level. The main areas of the programme:

A

### BASIC TECHNIQUE

Stance, balance, turns, speed and control on the slope. For beginners — first steps; for experienced riders — habits and precision.

B

### CARVING

Edge work and holding a carved turn. Exercises that help you feel the arc and control it.

C

### INTRO TO FREESTYLE

Lead-up exercises and first elements: step by step, from accessible moves to harder ones, as you're ready.

D

### FIRST STEPS IN THE PARK

For prepared riders — simple features and suitable elements, with a coach beside you.

The coach chooses the exercises, the terrain and the move to new elements based on your readiness and the conditions on the mountain. Riders of different levels don't go through the same set of tasks.

TAKE IT HOME

# 05

AFTER CAMP

## KEEP GOING WITH YOUR OWN PLAN

After camp you get a personal programme for training on your own. It includes:

- ✓ **THE KEY POINTS IN YOUR TECHNIQUE THAT STILL NEED FIXING OR LOCKING IN**
- ✓ **EXERCISES FOR WORKING ON THEM**
- ✓ **PRIORITIES: WHAT TO FOCUS ON FIRST AND WHAT TO TRAIN NEXT**

You leave understanding your own riding, with specific exercises to come back to on your next trips.



SAME CREW



ON THE SLOPE

15 RIDERS

## SEE YOU ON THE MOUNTAIN.

BAS CAMP Issue 01: three coached days, video review every evening, and a plan to take home.

WHEN
**23—27 DEC 2026**

WHERE
**LIVIGNO, ITALY**

JOIN
**BASCAMP.WORLD/CAMP**