



NEW ENGLAND MASTERS RACE CAMP



Presented by

JANUARY 9-12, 2023

WHAT YOU GET:

- Top-level coaching to jump start your winter.
- Free-skiing drills to make you faster in gates.
- On-snow sessions on starts, tuck turns and specific gate combinations.
- 2 days of GS training: Technique, tactics, timed runs
- 2 days of slalom training with progression through brushes, stubbies and gates
- Daily video analysis
- Daily door prizes
- Apres-ski programs to help you master the mental side of ski racing, get more fit for ski racing and tune your skis like a pro.
- Maximum participants: 32
- Maximum 8:1 athlete-coach ratio.
- FUXI gift bag with additional gifts from sponsors.
- Awesome camp shirt!
- LEKI and Booster Strap demos
- Camp proceeds support New England Masters Skiing. Thank you!

SCHEDULE:

Monday, Jan 9: Free-skiing drills on slalom skis (morning). Slalom training (afternoon). Apres-ski coach's panel: "Mastering the Mental Side of Ski Racing".

Tuesday, Jan 10: Slalom training (morning + afternoon). Apres-ski presentation: "How to Ski Faster through Better Fitness", by Doug Lewis, Founder, Eliteteam Camps.

Wednesday, Jan 11: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Evening program (via Zoom): "What's New with Ski Tuning for Racers", by Graham Lonetto, SWIX Race Director.

Thursday, Jan 12: GS training (morning). GS timed runs on the race hill (afternoon). Camp wrap-up.

Sign up at Masters.AdminSkiRacing.com

COST

Full Camp:

\$560 (members of New England Masters Skiing)

\$600 (nonmembers)

Day Rate:

\$150 per day (members)

\$160 per day (nonmembers)

*Camp tuition does not include transportation, lift tickets, lodging and meals. (See below.)

COACHING STAFF:



Lisa Ballard



Doug Lewis



Doug Tucker



Carolyn Beckedorff

Lisa Ballard, Camp Director: 2022 FIS Masters GS champion, 2nd Overall. 2020 FIS Masters SG Champion. 2X FIS Masters age-group champion. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 2020 Canadian Masters Grand Champion. 30+ years coaching experience. Author, *Ski Faster! Guide to Racing & High Performance Skiing*. US Ski Team (1977-79). Dartmouth Ski Team (1980-1983). Women's Pro Ski Tour (1985-1990).

Doug Lewis: 2X Olympian (1984, 1988); DH Bronze, 1985 World Championships; 2x US National Downhill Champion (1986, 1987); 1994 Jeep King of the Mountain Champion; Member, US Ski Hall of Fame; Analyst, NBC Sports and Olympic skiing coverage; Founder/principal, Eliteam Camps, since 1991.

Doug Tucker: 9X US Alpine Masters Champion; US Ski & Snowboard-certified coach; 30+ years coaching experience - U10, college, masters; coach for Killington Mountain School, Green Mountain Valley School and Okemo Mountain School, numerous race camps worldwide.

Carolyn Beckedorff: Multiple FIS Criterium and US masters championships, SL, GS, SG. 6X SISE Cup Champion. USSA Masters Skier of the Year. NCAA Division 1 racer, University of New Hampshire. US Ski and Snowboard Level 300 coach. Former U19 Coach, Gunstock. Team manager, BMA ETEAM. Specializes in mental side of sports.

DISCOUNTED LIFT TICKETS

Lift tickets are not included.

Mount Snow honors EPIC Pass. Non-EPIC passholders pay only \$50 per day.

CANCELTION POLICY:

If New England Masters cancels the camp for any reason, your camp fee is fully refundable.

If YOU need to cancel:

- Prior to December 9: 100% refund, minus credit card fee
- December 9-23: 50% refund if your spot is filled by another racer, minus credit card fee.
- December 24-arrival date: 25% refund if your spot is filled by another racer, minus credit card fee.

MORE INFO:

Lisa Ballard, Camp Director, T. 406-690-0190, lisaballardoutdoors@gmail.com

Matt Mitsis, Chair, Eastern Masters Division, US Ski and Snowboard, matthew.mitsis@gmail.com

Sign up at Masters.AdminSkiRacing.com

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