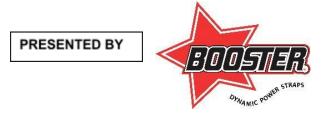




NEW ENGLAND MASTERS RACE CAMP



JANUARY 8-11, 2024

WHAT YOU GET:

- Top-level coaching to jump start your ski season
- 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
- GS timed runs
- 2 days of slalom training with progression through brushes, stubbies and gates

- Daily video analysis
- Daily door prizes
- Apres-ski programs on technique and tactics
- Maximum participants: 32
- Maximum 8:1 athlete-coach ratio.
- Awesome camp shirt!
- LEKI and Booster Strap demos
- Camp proceeds support New England Masters Skiing. Thank you!

SCHEDULE:

Monday, Jan 8: Free-skiing drills on slalom skis (morning). Slalom training (afternoon). Chalk Talk: "Slalom Tactics".

Tuesday, Jan 9: Slalom training (morning + afternoon). Chalk Talk: "GS Tactics"

Wednesday, Jan 10: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Presentation by Mike Beers, SWIX Alpine Director: "How to make your skis faster at the start (and other ski prep tricks) at Equip Sport.

Thursday, Jan 11: GS training (morning). GS timed runs (afternoon). Camp wrap-up.

Friday, Jan 12: 2 GS RACES!

COST

Full Camp: \$640

Day Rate: \$160 per day

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

COACHING STAFF:









Lisa Ballard

Jack Ballard

Carolyn Beckedorff

John Pierce

Lisa Ballard, Camp Director: Founder/director numerous ski and race camps. Currently ranked 2nd overall on the international (FIS) Masters circuit – 2023 SG and alpine combined champion, 2nd GS, 5th SL. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 3X Canadian Masters Grand Champion. 33 years coaching experience. US Ski Team (1979-80). Dartmouth Ski Team (1980-83). Former ski analyst for ESPN and other networks; Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

Jack Ballard: M.A., M.Ed: 2023 National Speed Series class 7 champion, 4th overall men under age 65. US Ski and Snowboard certified coach. 8 years dedicated masters coaching at Red Lodge Mountain and Big Sky. USSS-certified coach and official. Former university lecturer, including graduate courses in educational psychology and human learning. Chair, USSS Northern Division Masters. Member, US Ski and Snowboard Masters Working Group.

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.

John Pierce: FIS, NCAA D1, ASRA and Masters competitor with numerous titles; US Ski & Snowboard Coach with 25+ years coaching experience; director and coach at various clinics and camps; Lead Coach U16-19 and Director of Masters, Mount Peter Alpine Race Program; Former Head Coach, Mountain Creek; NJSRA Masters Representative. NJSRA Competition Committee Member.

LODGING:

No room block, but there are many options at local hotels and through AirBNB/VRBO.

DISCOUNTED LIFT TICKETS:

Mount Snow honors EPIC Pass.

Don't have an EPIC Pass? A list of athletes will be at the ticket window: \$69 per day.

Sign up at Masters.AdminSkiRacing.com

CANCELATION POLICY:

If New England Masters cancels the camp for any other reason, your camp fee is fully refundable less the credit card processing fee.

If YOU need to cancel:

- Prior to December 1: 100% refund, minus credit card fee
- December 1-23: 50% refund, minus credit card fee. If your spot is filled by another racer, then 100% refund minus credit card fee
- After December 23: No refund unless your spot is filled by another racer. If your spot is filled, then 100% refund minus credit card fee

MORE INFO:

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

Matt Mitsis, President, New England Masters Skiing, NEMSRacing@gmail.com

Alan Bushell, Director, New England Masters Skiing, T. 516-318-0960 cell, abushell100@gmail.com

Sign up at Masters.AdminSkiRacing.com

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