



## NEW ENGLAND MASTERS RACE CAMP

PRESENTED BY



**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!**

Sign up at [Masters.AdminSkiRacing.com](https://Masters.AdminSkiRacing.com)

## 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 2<sup>nd</sup> overall on the international (FIS) Masters circuit – 2023 SG and alpine combined champion, 2<sup>nd</sup> GS, 5<sup>th</sup> 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](https://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

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