

Presented by



Come to Red Lodge Mountain and GET READY TO RACE!!

DECEMBER 7-11, 2020

WHAT YOU GET:

- GS and slalom training (technique and tactics)
- Free-skiing drills
- Daily video analysis
- Apres-ski social events
- Race ski demos through Ski Boot RX, discounted for purchase at the end of the camp
- **New!** Presentation: "Mastering the Mental Side of Ski Racing" by Josh Chilton, Silver Run board member and sports science expert
- **New!** Presentation: "Trends In Race Skis – how to pick the right skis for masters slalom, GS, Super G and downhill.
- **New!** Presentation, "The Rules of Ski Racing"
- "World Cup Winning Runs" video presentation with coaches' analysis
- Maximum 8:1 Athlete to coach ratio
- Maximum participants: 32 per day
- US Ski & Snowboard-sanctioned masters GS race at the end of the camp
- Proceeds from the camp support the Silver Run Ski Foundation. Thank You!

COACHING STAFF:



Lisa Ballard: 2017, 2020 FIS Masters SG champion. 2020 FIS Masters age group champion; 6X US Masters Skier-of-the-Year; 100+ US alpine masters titles (DH, SG, GS, SL); USSS and PSIA-certified coach; 29 years coaching experience; Former US Ski Team, college and pro racer. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



Mark Selby: USSS Level 200 and PSIA Level 2 coach, 24 years coaching experience, 18 years Silver Run Coach, all ages/abilities; ski gear + tuning guru



Jeremy Wolf: Silver Run Head Coach. Former FIS-level racer. USSS-certified coach. Has also coached at Schweitzer and at Rocky Mountain College (multi-time USCSA national champs).



Cole Greer: USSS Level 300 coach and TD. Former US Ski Team coach. Has also coached at Bridger Bowl, Red Lodge, MSU-Bozeman, Sugar Bowl, Alpine Meadows and Squaw Valley, at the junior, Nor Ams and FIS levels. 30+ years coaching experience. Former FIS and college racer.

SCHEDULE:

Sunday, Dec 6: Welcome reception, 6pm-8pm, at The Pollard Pub. Hors d'oeuvres provided by Silver Run Ski Club.

Monday, Dec 7: SL free-skiing drills (a.m.). SL training (p.m.). Presentation, "Trends in Race Skis", and welcome dinner at the home of Jack and Lisa Ballard.

Tuesday, Dec 8: SL training (a.m.). SL training (p.m.). Dinner followed by "World Cup Winning Runs" presentation at Red Lodge Pizza Company.

Wednesday, Dec 9: GS free-skiing drills (a.m.). GS training (p.m.). Dinner, followed by the presentation, "Mastering the Mental Side of Ski Racing", at the home of Todd and Maggie Vralsted.

Thursday, Dec 10: GS training (a.m.). GS timed runs (p.m.). Group dinner, followed by the presentation, "The Rules of Ski Racing", at the home of Kevin Cuddihy.

Friday, Dec 11: US Ski & Snowboard-sanctioned masters GS Race. Afternoon departure.

COST:

ONLY \$365!

Camp tuition includes your race entry fee!

Camp tuition does not include transportation, lift tickets, lodging and a US Ski & Snowboard (USSS) masters license. Note: A USSS license is not required to participate in the camp, but it is required to enter Friday's GS race. If you are not a member of USSS, the camp staff will assist you in either joining (recommended if you are planning to go to additional masters races this winter, \$135) or obtaining a one-day "short-term" license (\$35).

Late Registration Fee (after November 7th): Add \$100 or \$25 per day, unless you were put on the wait list prior to November 7th and are given a spot that has opened up.

Discounted tuition for current Silver Run Masters Racers:

Note: Your 2020-21 club membership must be paid prior to camp registration.

Punch cards: No discount
1-Day Program: \$335
Multi-Day and 2-Day Program: \$285

Can only come to part of the camp?

No problem! We will pro-rate your camp tuition based on the number of days you can attend: \$95 per day for training days. Entry fee only (\$35) on race day.

LIFT TICKETS:

Red Lodge Mountain offers discounted multi-day lift tickets which can be purchased at the ticket window or even cheaper on-line (www.redlodgemountain.com). Estimated cost for a 5-day lift ticket based on 2019-20 rates:

Adults (18-64): \$320
Seniors (65-69): \$248
Super Seniors (70+): \$104

RECOMMENDED LODGING:

Silver Run has room blocks for the camp at the following hotels. Mention “**Silver Run**”:



The Pollard Hotel: Historic hotel in the heart of Red Lodge. 30% off published room rates. Breakfast available at 6am (not included in room rate). See website for menu and room info. www.thepollardhotel.com, 406-446-0001.



Yodeler Motel: Conveniently located at the bottom of the ski area access road. Easy walk to town. \$95 per night + tax. www.yodelermotel.com, 1-406-446-1435.

Room blocks end November 6, 2020. After that, rooms are available at the room-block rate if available.

MORE INFO:

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

Vanessa Selby, Program Director, Silver Run Ski Club, T. (406) 208-1875, silverrunski@gmail.com

Sign up at www.SilverRunSki.com

Registration opens to the public on September 2, 2020.

Thank you camp sponsors!

