



BIG SKY EARLY SEASON MASTERS RACE CAMP

Presented by



NOVEMBER 21-25, 2020 AT BIG SKY, MONTANA

WHAT YOU GET:

- Top-level coaching to jump start your ski season
- GS training: Free-skiing drills, gate training, line drills in gates
- Slalom training: Free-skiing drills, progression through brushes, stubbies and gates
- Daily video analysis
- Daily door prizes
- 6 nights lodging
- 3 meals/day
- 5 days lift tickets
- Apres-ski programs
- Awesome camp shirt
- Maximum participants: 24
- Maximum coach-athlete ratio: 1:8
- Camp proceeds support BSSEF's junior race program. Thank you!

COACHING STAFF:



Lisa Ballard



Jack Ballard



Brenna Kelleher

Lisa Ballard, Camp Director: Founder/director numerous ski and race camps; 2020 FIS Masters SG and Age 55-59 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; Former US Ski Team Member; Former ski analyst for ESPN and other networks; Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

Jack Ballard: Coach, BSSEF Master's Program; Coach, Silver Run Masters Program at Red Lodge Mountain; US Ski and Snowboard certified coach; PSIA-certified instructor; Chair, Northern Division Masters; Member, US Ski and Snowboard Masters Committee; 10 years on the masters circuit, including national and international competition; 3rd place, 2018 National Speed Series, Class 7. Former college instructor, graduate and undergraduate courses in human learning.

Brenna Kelleher: Montana State University ski team; PSIA National Team, 2016-2020. PSIA Level III ski instructor, Big Sky. Coach, Keely's Camps; World Champion whitewater kayaker (2001).

SCHEDULE:

Friday, Nov 20 (evening): Check-in. Welcome pizza party, 6:00-8:00pm.

Saturday, Nov 21: Free-skiing drills on slalom skis (morning); slalom drills in brushes, stubbies (afternoon). Apres-ski presentation: Trends in race gear for masters.

Sunday, Nov 22: Slalom training in stubbies, full gates (morning). Free-skiing drills on slalom skis (afternoon). Apres-ski presentation: Applying the World Cup to masters racing.

Monday, Nov 23: Slalom training in stubbies, full gates (morning). Free-skiing drills on GS skis (afternoon). Apres-ski presentation: Mastering the mental side of ski racing.

Tuesday, Nov 24: GS training, line drills (morning). Free-skiing drills on GS skis (afternoon). Free evening.

Wednesday, Nov 25: GS training (morning). Free-skiing drills on GS skis (afternoon). Farewell reception.

COST*:

Early Bird Registration (before October 20, 2020):

Full Camp: \$1,650*

Season's passholder with lodging/meals: \$1,370

Season's passholder, NO lodging/meals: \$1,080

Non-season's passholder, NO lodging/meals: \$1,345

Regular cost (October 20, 2020 or later): Add 10%

Can only come to part of the camp? We'll prorate your camp fee based on the days you can attend.

**Full Camp includes 6 nights lodging, 3 meals/day, 5 days lift tickets, lane fees, coaching, receptions, door prizes, apres-ski presentation, video, etc. It does NOT include transportation to/from Big Sky Resort.*

LODGING:

Big Horn Condos: <https://bigskyresort.com/accommodations/vacation-rentals/condos/big-horn-condominiums>
3 bedrooms, 3 bathrooms, WiFi, garage, kitchen, fireplace, washer/drier, walk to Vista Hall and slopes

MEALS:

All meals will be served in Vista Hall (day lodge at base of ski lifts and training hills)

NEED A RACE HELMET OR GOGGLES?

Get 20% off Bliz helmets and eyewear from the U.S. Distributor at: <https://enjoywinter.com/>

Use code: **Ballard2020**

MORE INFO:

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

Jeremy Ueland, BSSEF Program Director, T. 406-579-7005, bigskysef@yahoo.com

Sign up at: <https://bssef.com/>

