



MID-ATLANTIC MASTERS RACE CAMP

JANUARY 6-9, 2025

WHAT YOU GET:

- 2 days of GS training: Technique, tactics
- GS timed runs
- 2 days of slalom training: Progressions through brushes, stubbies and full gates
- Free-skiing drills
- Daily video analysis
- Daily door prizes
- Awesome camp shirt
- Maximum participants: 32 athletes
- Maximum athlete: coach ratio: 8:1
- Chance to train on the race hills for the masters races following the camp
- Top-level coaching to jump start your ski season
- Demos and discounts from camp sponsors
- Apres-ski programs to help you go faster
- Proceeds from the camp support Mid-Atlantic Masters. Thank you!

COST*:

Early Bird Registration (before December 1, 2024): **\$585**

After December 1, add \$100.

Can only come to part of the camp? We'll prorate your camp tuition based on the number of days you can attend: **\$150 per day**. (Add \$25 per day if you register after December 1.)

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

LODGING:

No room block, but there are many options at local hotels and through AirBNB/VRBO. You can find some ideas for [lodging at this link](#).

LIFT TICKETS:

Hunter Mountain honors EPIC pass.

Discounted lift ticket for non-passholders: \$60 per day (Ages 65+, \$45/day per day). Your name will be on a list for the camp at the guest services desk.

Sign up at <https://masters.adminskiracing.com>

SCHEDULE:

Sunday, Jan 5 (evening): Travel to Hunter.

Monday, Jan 6: Free-skiing drills on slalom skis (morning). Slalom progression in brushes and stubbies (afternoon). Welcome reception. Get your camp shirt!

Tuesday, Jan 7: Slalom training, stubbies and full gates (morning, afternoon). SWIX Presentation with Mike Beers, World Cup ski tuning technician: "How to prep your skis for race day".

Wednesday, Jan 8: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Coach's Chalk Talk: "Slalom versus GS Tactics".

Thursday, Jan 9: GS training (morning). GS timed runs (afternoon). Get ready to race!

Friday, Jan 10: *Mid-Atlantic Masters GS race on Eisenhower*

Saturday, Jan 11: *Mid-Atlantic Masters Masters slalom race on Lower Broadway*

COACHING STAFF:



Lisa Ballard



John Pierce



Jim Tomassetti



Jack Ballard

Lisa Ballard, Camp Director: 4X FIS Masters Overall SG Champion, GS Champion (2022). Many international masters podiums including multiple World Criterium golds, Canadian Masters Grand Champion titles, South American Champion titles, 100+ US Alpine Masters titles (DH, SG, GS, SL). 6X US Masters Skier-of-the-Year. Former top Nor-Am racer and Dartmouth Ski Team member. 35 years coaching experience, all levels and age groups. Former ski analyst/commentator, ESPN and other networks. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

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.

Jim Tomassetti: Head Masters coach (7 years), U12 coach at Hunter Mountain. Guest coach NYSSRA Fundamentals project, Gore Mountain. US Ski and Snowboard certified Level 300 coach and official. 30+ years masters racing. Captain, Syracuse University Ski Team. Former junior racer.

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. 9 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.

Sign up at <https://masters.adminskiracing.com>

CANCELATION POLICY:

If **Mid-Atlantic Masters** cancels the camp for any other reason, your camp fee is refundable, minus the credit card and registration website processing fees.

If **you** need to cancel participation in the camp for any reason prior to December 1, your camp fee is refundable, minus the credit card registration website processing fee. If you cancel on December 1 or later, your camp fee is refundable only if your spot is filled by another racer (less fees), otherwise only 50% of your camp fee is refundable.

MORE INFO:

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

Carol Tomassetti, Chair, Mid-Atlantic Masters, T. 845-594-9045, carolcartom@gmail.com

Thank you to camp sponsors:

