



MID-ATLANTIC MASTERS RACE CAMP

JANUARY 2-5, 2023

WHAT YOU GET:

- 2 days of GS training: Technique, tactics
- GS timed runs
- 2 days of slalom training with progressions through brushes, stubbies and full gates
- Daily video analysis
- Daily door prizes
- FUXI gift bag with additional gifts from sponsors
- Awesome camp shirt!
- Maximum participants: 32 athletes
- Maximum athlete: coach ratio: 8:1
- Chance to train on the race hills for the next day's masters races!
- Top-level coaching to jump start your ski season
- LEKI ski pole demos
- Apres-ski programs to help you go faster
- Proceeds from the camp support Mid-Atlantic Masters. Thank you!

SCHEDULE:

Sunday, Jan 1 (evening): Travel to Hunter.

Monday, Jan 2: Free-skiing drills on slalom skis (morning). Slalom progression in brushes and stubbies (afternoon). Welcome reception at McGregor's.

Tuesday, Jan 3: Slalom training, stubbies and full gates (morning, afternoon). Apres-ski program: Coaches Panel: "Mastering the Mental Side of Ski Racing". Free evening.

Wednesday, Jan 4: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Evening program (Zoom): "Trends in Ski Tuning", presented by Graham Lonetto, Race Director, SWIX.

Thursday, Jan 5: GS training (morning). GS timed runs (afternoon). Apres-ski program: "Ski Racing Rules and Other Competition Updates", presented by Carol Tomasetti and Lisa Ballard. Free evening. Get ready to race!

Friday, Jan 6: *Mid-Atlantic Masters Masters GS Race*

Saturday, Jan 7: *Mid-Atlantic Masters slalom race*

Sign up at [\[https://masters.adminskiracing.com/node/376701\]](https://masters.adminskiracing.com/node/376701)

COACHING STAFF:



Lisa Ballard



John Pierce



Doug Lewis



Jim Tomassetti

Lisa Ballard, Camp Director: FIS Masters Overall Champion GS 2022, SG 2020. Canadian Masters Grand Champion, 2020. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). Former member, US Ski Team, Dartmouth Ski Team. 35 years coaching experience. Former ski analyst/commentator, ESPN and other networks. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

John Pierce: FIS, NCAA and Masters competitor with multiple titles; US Ski & Snowboard-certified coach; 25+ years coaching experience; director and coach at various clinics and camps; Head Coach, Mountain Creek; NJSRA Masters Rep.

Doug Lewis: 2X Olympian (1984, 1988); DH Bronze, 1985 World Championships; 2x US National Downhill Champion (1986, 1987); 1994 Jeep King of the Mountain Champion; Member, US Ski Hall of Fame; Analyst, NBC Sports and Olympic skiing coverage; Founder, principal, Eliteam Camps, since 1991.

Jim Tomassetti: Head Masters and U14 coach at Hunter Mountain. US Ski and Snowboard Level 200 coach. 30 years masters racing. Captain, Syracuse University Ski Team. Former junior racer.

COST*:

Early Bird Registration (before December 1, 2022): **\$510.00**

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: **\$130 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. We will be sending a link out in the future with options and ideas.

LIFT TICKETS:

Hunter Mountain honors EPIC pass.

Discounted lift price for non-passholders: \$50 per day. Your name will be on a list for the camp at the guest services desk.

CANCELTATION POLICY:

If **Mid-Atlantic Masters** cancels the camp for any other reason, your camp fee is refundable, minus the credit card & adminskiracing processing fee..

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 and adminskiracing 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

Sign up at [\[https://masters.admskiracing.com\]](https://masters.admskiracing.com)

THANK YOU CAMP SPONSORS!

