



NEW ENGLAND MASTERS RACE CAMP

JANUARY 13-16, 2025

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 including 1 day on the GS race hill
- GS timed runs
- 2 days of slalom training with progression through brushes, stubbies and gates
- Daily video analysis
- Daily door prizes and demos for camp sponsors
- Apres-ski programs on slalom and GS tactics, and ski tuning
- Maximum participants: 32
- Maximum 8:1 athlete-coach ratio.
- Awesome camp shirt!
- Camp proceeds support New England Masters Skiing. Thank you!

SCHEDULE:

Monday, Jan 13: Free-skiing drills on slalom skis (morning). Slalom training (afternoon). Coach's Chalk Talk: "Slalom Tactics".

Tuesday, Jan 14: Slalom training (morning + afternoon). Presentation by Mike Beers, SWIX Alpine World Cup Technician: "How to prep your skis for race day".

Wednesday, Jan 15: Free-skiing drills on GS skis (morning). GS gate training with emphasis on line (afternoon). Coach's chalk talk: "GS Tactics".

Thursday, Jan 16: GS training (morning). GS timed runs (afternoon). Camp wrap-up.

Friday, Jan 17: 2 GS RACES!

COST

Full Camp: \$680

Slalom only (2 days): \$340

GS only (2 days): \$340

For availability for single days, go to masters.adminskiracing.com.

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

Sign up at Masters.AdminSkiRacing.com

COACHING STAFF:



Lisa Ballard



Jack Ballard



John Pierce



Sean & Beth Florian



Sean Florian ripping up a GS!

Lisa Ballard, Camp Director: Founder/director numerous ski and race camps. 4X FIS Masters Overall SG Champion, GS Champion (2022). 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*.

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.

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.

Sean Florian: President, Head Coach at ProTek Ski Racing, Mt Southington, CT – first timers through FIS athletes, juniors and adults. USSS-certified Level 200 coach. Level 4 Technical delegate. Coach, Greenwich High School (2X state boys champs) and Southington High School. Former junior coach, Wildcat Ski Team, NH. Former top Eastern junior ski racer and USCSA college racer (Connecticut State University). Ski tuning and boot-fitting expert. Medalist at US Alpine Masters National Championships.

Beth Florian: Volunteer Assistant Coach. Long-time ski racing mom and Sean's wife. She has seen it all!

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: \$70 per day.

CANCELTION 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 10: 100% refund, minus credit card fee
- On December 10 or later: 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, matthew.mitsis@gmail.com

Alan Bushell, VP, New England Masters Skiing, T. 516-318-0960 cell, abushell100@gmail.com

Sign up at Masters.AdminSkiRacing.com



Lisa Ballard racing in the 2004 FIS Masters Cup Finals in Austria.

THANK YOU TO OUR CAMP SPONSORS:

