



NEW ENGLAND MASTERS RACE CAMP



Presented by

MARCH 6-9, 2023

WHAT YOU GET:

- Top-level coaching to jump start your winter.
- 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: Technique, tactics, timed runs
- 2 days of slalom training with progression through brushes, stubbies and gates
- Daily video analysis
- Daily door prizes
- Apres-ski programs to help you master the mental side of ski racing, get more fit for ski racing and tune your skis like a pro.
- Maximum participants: 32
- Maximum 8:1 athlete-coach ratio.
- FUXI gift bag with additional gifts from sponsors.
- Awesome camp shirt!
- LEKI and Booster Strap demos
- Camp proceeds support New England Masters Skiing. Thank you!

SCHEDULE:

Monday, Mar 6: Free-skiing drills on slalom skis (morning). Slalom training (afternoon). Apres-ski coach's panel: "Mastering the Mental Side of Ski Racing".

Tuesday, Mar 7: Slalom training (morning + afternoon). Apres-ski coach's panel: "The Right Gear for Masters Racing".

Wednesday, Mar 8: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Evening program (via Zoom): "What's New with Ski Tuning for Racers", by Graham Lonetto, SWIX Race Director.

Thursday, Mar 9: GS training (morning). GS timed runs on the race hill (afternoon). Camp wrap-up.

Sign up at Masters.AdminSkiRacing.com

COST

Full Camp:

\$560 (members of New England Masters Skiing)

\$600 (nonmembers)

Day Rate:

\$150 per day (members)

\$160 per day (nonmembers)

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

COACHING STAFF:



Lisa Ballard



Doug Tucker



Carolyn Beckedorff.



John Pierce

Lisa Ballard, Camp Director: 2022 FIS Masters GS champion, 2nd Overall. 2020 FIS Masters SG Champion. 2X FIS Masters age-group 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. Author, *Ski Faster! Guide to Racing & High Performance Skiing*. US Ski Team (1977-79). Dartmouth Ski Team (1980-1983). Women's Pro Ski Tour (1985-1990).

Doug Tucker: 9X US Alpine Masters Champion; US Ski & Snowboard-certified coach; 30+ years coaching experience - U10, college, masters; coach for Killington Mountain School, Green Mountain Valley School and Okemo Mountain School, numerous race camps worldwide.

Carolyn Beckedorff: Multiple FIS Criterium and US masters championships, SL, GS, SG. 6X SISE Cup Champion. USSA Masters Skier of the Year. NCAA Division 1 racer, University of New Hampshire. US Ski and Snowboard Level 300 coach. Former U19 Coach, Gunstock. Team manager, BMA ETEAM. Specializes in mental side of sports.

John Pierce: ASRA, USSS, FIS, NCAA and Masters competitor with multiple titles; US Ski & Snowboard-certified coach, official and referee; 27+ years coaching experience; director and coach at numerous Alpine clinics/camps; former Head Coach, Mountain Creek; Current Lead U16-19 Coach and Masters Head Coach, Mt Peter; NJSRA Masters Rep and Competitor Committee Member

DISCOUNTED LIFT TICKETS

Lift tickets are not included.

Mount Snow honors EPIC Pass. Non-EPIC passholders pay only \$50 per day.

CANCELTION POLICY:

If New England Masters cancels the camp for any reason, your camp fee is fully refundable.

If YOU need to cancel:

- Prior to February 6: 100% refund, minus credit card fee
- February 6-20: 50% refund if your spot is filled by another racer, minus credit card fee.
- February 20-arrival date: 25% refund if your spot is filled by another racer, minus credit card fee.

MORE INFO:

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

Matt Mitsis, Chair, Eastern Masters Division, US Ski and Snowboard, matthew.mitsis@gmail.com

Sign up at Masters.AdminSkiRacing.com

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