



## BIG SKY FIS MASTERS CAMP

**FEBRUARY 4-6, 2025**

### WHAT YOU GET:

- Top-level coaching
- 1 day training each: SL, GS, SG to warm up for the FMC races
- All training on the race hill, "Hangman's"
- Daily video analysis
- Maximum 40 athletes per session on 2 training courses for GS and slalom (20 athletes per training course.)
- Lift tickets available at a deep discount
- Maximum athlete-coach ratio: 8:1
- Camp proceeds support BSSEF's junior race program. Thank you!

### COACHING STAFF:



**Lisa Ballard, Camp Director:** Founder/director numerous ski and race camps. Currently ranked 2<sup>nd</sup> overall on the international (FIS) Masters circuit – 2023 SG Champ and alpine combined, 2<sup>nd</sup> GS, 5<sup>th</sup> SL. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 3X Canadian Masters Grand Champion. 33 years coaching experience. US Ski Team (1979-80). Dartmouth Ski Team (1980-83). Former ski analyst for 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 Resort. 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.



**Jeremy Ueland:** BSSEF Program Director, 2007-present. Member, Northern Division Alpine Competition Committee. US Ski and Snowboard Level 300 Coach. BSSEF Coach since 2001. Former FIS racer (SL, GS, SG, DH), 1996-2000.

[Additional coaches from the BSSEF Coaching Staff based on athlete numbers.]

### COST:

**\$305** Full Camp (all 3 days)  
(or)  
**\$115** Per day

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

### **SCHEDULE:**

**Monday, Feb 3:** Travel to Big Sky

**Tuesday, Feb 4:** Slalom training (9am-Noon). Video analysis after lunch.

**Wednesday, Feb 5:** GS training (9am-Noon). Video analysis after lunch.

**Thursday, Feb 6:** SG training (9am-Noon)\*. Video analysis after lunch.

**Friday, Feb 7:** FMC/USSS Masters Western Regional Championships, 2xSG

**Saturday, Feb 8:** FMC/USSS Masters Western Regional Championships, SL

**Sunday, Feb 9:** FMC/USSS Masters Western Regional Championships, 2xGS (1-run per race).

\*On Thursday, Feb 6, SG training in the morning is only for athletes in the camp. It will continue in the afternoon, open to all competitors for an additional fee through the race registration. Afternoon SG training is separate from the camp.

### **CANCELTION POLICY:**

If BSSEF cancels the camp for any other reason, your camp fee is fully refundable, minus credit card processing fees (3%) if you paid by credit card.

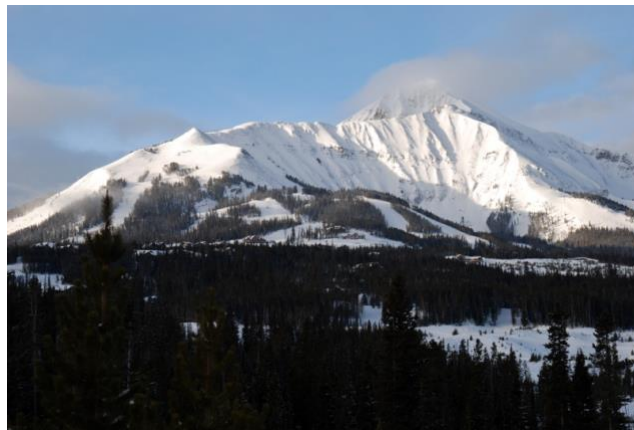
If YOU need to cancel for any reason prior to January 1, 2025, your camp fee is fully refundable, minus the 3% credit card fee processing fee if you paid by credit card. If you cancel on January 1, 2025 or later, your camp fee is refundable only if your spot is filled by another racer, less the 3% credit card fee.

### **MORE INFO:**

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

**Jeremy Ueland**, BSSEF Program Director, T. 406-579-7005, jeremy@bssef.com

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



Iconic Lone Peak at Big Sky Resort