



## COLORADO EARLY SEASON MASTERS CAMP

**NOVEMBER 12-16, 2022**

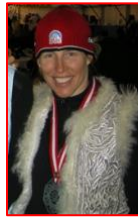
### WHAT YOU GET:

- Top-level coaching to jump start your ski season
- Free-skiing drills to make you faster in gates.
- 2 days of GS training: Technique, line, tactics
- 2 days of slalom training with progression through brushes, stubbies and gates
- Daily video analysis
- Daily door prizes from camp sponsors
- Evening programs to help you pick the right gear and go faster
- Maximum participants: 20
- Maximum 7:1 athlete-coach ratio.
- FUXI gift bag with additional gifts from sponsors
- Awesome camp shirt!
- LEKI race pole demos

### COACHING STAFF:



Lisa Ballard



Carolyn Beckedorff.



Jack Ballard

**Lisa Ballard, Camp Director:** 2022 FIS Masters GS champion, 2<sup>nd</sup> 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*.

**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.

**Jack Ballard:** Coach, BSSEF Masters Program. Coach, Silver Run Masters Program, Red Lodge Mountain. US Ski and Snowboard certified coach. PSIA-certified instructor. Chair, Northern Division Masters. Member, US Ski and Snowboard Masters Working Group. 12 years on the masters circuit, including national and international competition. 3rd place overall, 2018 National Speed Series, Class 7. Former college instructor, graduate and undergraduate courses in human learning.

### **TO REGISTER, CONTACT:**

LISA BALLARD, CAMP DIRECTOR: [lisaballardoutdoors@gmail.com](mailto:lisaballardoutdoors@gmail.com)

Tel. 1-406-690-0190

## COST

**Full Camp\*: \$1,460**

**Day Rate: \$290 per day**

*\*Camp tuition includes lift tickets, lane fees, coaching, daily video analysis, LEKI ski pole demos, door prizes, awesome camp top, FUXI gift bag, evening programs, and automatic entry into March drawing for Dalbello ski boots and FUXI USA race suit. Note: Season passes and other lift tickets good at Loveland Ski Area are not valid for lane training.*

## SCHEDULE:

**Friday, Nov 11:** Travel to Silverthorne, Colorado.

**Saturday, Nov 12:** Free-skiing and free-skiing drills on GS skis (morning and afternoon). Video analysis. Evening program: Coaches' Panel: "Mastering the Mental Side of Ski Racing".

**Sunday, Nov 13:** GS training, 8:45am-11:00am. Lunch break. Directed free-skiing (afternoon). Video analysis. Presentation by Lisa Ballard: "Masters Ski Racing Rules You Need to Know".

**Monday, Nov 14:** Directed free-skiing on slalom skis (morning). Slalom training in brushes, stubbies, 1:15pm-4:00pm. Video analysis. Coaches' Panel: "Race Gear for Masters Racers".

**Tuesday, Nov 15:** Directed free-skiing drills on GS skis (morning). GS training., 1:15pm-4:00pm. Video analysis. Evening program (via Zoom) – "What's New with Ski Tuning for Racers", by Graham Lonetto, SWIX Race Director.

**Wednesday, Nov 16:** Directed free-skiing on slalom skis (morning). Slalom training, 1:15pm-4:00pm. Depart after skiing.

## LODGING:

The camp does not have a room block, but there are many options around Silverthorne, Colorado. If you need assistance booking lodging, please contact camp director, Lisa Ballard.

## CANCELTION POLICY:

If the camp is canceled for any other reason, your camp fee is fully refundable less the credit card processing fee.

If YOU need to cancel:

- Prior to October 1, 2022: 75% refund, minus credit card fee.
- After October 1: No refund unless the camp is full and your spot can be taken by another racer, then 75% refund minus credit card fee.

## MORE INFO:

**Lisa Ballard**, Camp Director, T. 406-690-0190, [lisaballardoutdoors@gmail.com](mailto:lisaballardoutdoors@gmail.com)

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**During this camp, you will work through the early season free-skiing drills that hone your technique (the stuff you can't fix in gates), then take you into a progression of gates to help lay the foundation for a faster race season ahead.**

Thank you camp sponsors!



*A YOUR TURN Ski Event. It's "your turn" to have a great day on the slopes!*