



COLORADO EARLY SEASON MASTERS CAMP

PRESENTED BY



NOVEMBER 5-9, 2023

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
- Gifts and daily door prizes from camp sponsors
- Evening educational programs to help you go faster
- Maximum participants: 20
- Maximum 7:1 athlete-coach ratio.
- Awesome camp top!
- LEKI race pole demos

COST

Full Camp: \$1,390

Day Rate: \$280 per day

Camp tuition includes lift tickets, lane fees, coaching, daily video analysis, LEKI ski pole demos, door prizes and other sponsor gifts, camp tops, evening educational programs, and automatic entry into March drawings for Dalbello ski boots and FUXI USA race suit. Camp tuition does NOT include lodging, meals, or transportation. (See below for details.)*

**Season passes and other lift tickets good at Loveland Ski Area are NOT valid for lane training.*

TO REGISTER, CONTACT:

LISA BALLARD, CAMP DIRECTOR: lisaballardoutdoors@gmail.com
Tel. 1-406-690-0190

COACHING STAFF



Lisa Ballard, Camp Director: FIS Masters SG champion 2020, 2022, 2023. FIS Masters GS Champion, 2022. 2X FIS Masters age-group champion. 2nd FIS Masters Overall, 2022, 2023. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 3X Canadian Masters Grand Champion. 30+ years coaching experience. Former US Ski Team and NCAA Division 1 racer (Dartmouth). 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. Currently coaching, independently Nor-Am, and above level athletes. Former volunteer team manager, BMA ETEAM. Specializes in mental side of sports. Pursuing Masters in Sport Psychology and Mental Performance Coach certification.



Jack Ballard: Head coach, Big Sky Masters Program. Coach, Silver Run Masters Program, Red Lodge Mountain. USSS Snowboard certified coach. PSIA-certified instructor. Chair, USSS Northern Division Masters. Member, US Ski and Snowboard Masters Working Group. 13 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.

ON-SNOW SCHEDULE

Sat, Nov 4: Travel to Colorado.

Sun, Nov 5: Free-skiing and free-skiing drills on slalom skis (morning and afternoon).

Mon, Nov 6: Slalom drill courses (morning). Free-skiing drills on slalom skis (afternoon).

Tue, Nov 7: Free-skiing warm up (1 hr), then slalom training through early afternoon.

Wed, Nov 8: Free-skiing warm up (1 hr), then GS training through early afternoon.

Thu, Nov 9: Full-length GS training (morning)! Departure after skiing.

LODGING

The camp does not have a room block, but there are many hotels and short-term rentals around Silverthorne, Colorado. If you need assistance booking lodging, please contact 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, 2023: 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.

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MORE INFO

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

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.

Additional camp sponsors:



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