

## SOUTH AMERICAN MASTERS RACE CAMP

### NEVADOS DE CHILLAN, CHILE

SEPTEMBER 4 – 16, 2019

High quality training and racing opportunities in conjunction with the FIS Masters Cup races at Nevados de Chillan, Chile in September 2019\*.

#### Schedule:

Wed, Sep 4: Fly to Chile.

Thu, Sep 5 - Land in Santiago. Transfer to Nevados de Chillan (6 hours by coach bus)

Fri, Sep 6 – Acclimatization day. Free skiing drills on slalom skis

Sat, Sep 7 – Slalom training with stubby gates (morning); normal slalom training (afternoon)

Sun, Sep 8 - SL training (am); afternoon off

Mon, Sep 9 - Free skiing drills on GS skis (morning); GS training (afternoon)

Tue, Sep 10 - GS training

Wed, Sep 11 - SG training with timed runs

Thu, Sep 12 - 2 SG races (2<sup>nd</sup> SG counts as stand-alone race and as part of Super Combined)\*

Fri, Sep 13 - Slalom race (3 race runs. 1 counts for Super Combined.)\*

Sat, Sep 14 - GS race\*

Sun, Sep 15 - GS race\*

Mon, Sep 16 - Travel to Santiago. Fly home (evening)

*\*FIS Masters Cup Races subject to approval by the Sub-Committee for Masters Racing in May 2019.*

#### Cost:

Double occupancy: \$4,200 per person. *Deposit to reserve place in camp: \$1,260.00.*

Single occupancy. \$4,750 per person. *Deposit to reserve place in camp: \$1,425.00.*

Spouse/friend rate (no training or racing): *\$2,700 double occupancy only. Deposit: \$810.00*

If you need a roommate, let Lisa Ballard, Camp Director, know when you register.

Camp deposit is nonrefundable due to the hotel's cancellation policy\*\*.

Balance due August 1, 2019, non-refundable due to the hotel's cancellation policy\*\*.

*\*\*All payments will be refunded if the camp is canceled for any reason.*

**To guarantee a spot, REGISTRATION DUE: April 20, 2019!**

*After April 20<sup>th</sup>, registrations based on lodging availability.*

**Register on the EVENTS page at:** [www.LisaBallardOutdoors.com](http://www.LisaBallardOutdoors.com) or by mailing your 30% deposit to:

Lisa Ballard  
PO Box 1343  
Red Lodge, MT 59068

**Payment methods:** VISA, Mastercard, PayPal, personal check payable to “Lisa Ballard”.

Registration opens March 18, 2019.

Registrations accepted on a first come, first served basis.

Maximum 32 racers at the camp.

*\*If the camp is full, you will be put on the waiting list, and your deposit will be refunded.*

**Includes:**

Ground transportation from Santiago airport to/from Nevados de Chillan via private coach bus

Lodging

All meals at the hotel (breakfast, lunch, dinner)

10 days on snow

Lift tickets

Coaching and lane fees

Daily video analysis

Wax room with tables

**NOT included:** Airfare; airline baggage fees; entry fees for FIS Masters Cup races (\$25 per race); Entry fee for Super G timed runs (\$25); alcoholic beverages; gratuities; personal tuning and waxing supplies.

**Hotel:** Hotel Alto Nevados – slopeside (ski in/ski out) accommodations with wax room, video room, dining and natural hot springs on-site.

**Requirements:**

All participants must be in good health and a member of US Ski & Snowboard or another national governing body for ski racing and have a current FIS masters license (if you want to race).

Valid passport – please check that it does not expire within 6 months of this trip.

Health insurance

## **Travel Insurance:**

Travel insurance is optional, but recommended:

**AIG Travel Guard:** Covers unexpected changes in your travels plans, including trip-cancelation, delayed/lost baggage, evacuations for natural disasters and medical emergencies and other benefits:

<https://www.travelguard.com/travel-insurance>

(or)

**Global Rescue:** This is available to US Ski and Snowboard members in case of serious injury that requires evacuation from the mountain and then back to the United States:

<https://usskiandsnowboard.org/news/new-global-rescue-service-ussa>

## **Travel Information:**

**Important!** You must arrive in Santiago before 10:00am on the morning of September 5, 2019. Late arrivals who miss the coach bus must provide their own ground transportation to Nevados de Chillan.

The country of Chile has strict regulations regarding the import of food products. DO NOT carry any food into the country or you may be detained at customs and miss the bus to Nevados de Chillan.

Water is considered potable in Chile.

Plan to bring adapters for your electrical needs. In Chile, the power plugs and sockets are of type C and L. The standard voltage is 220 V and the standard frequency is 50 Hz.

For more information on traveling in Chile, go to:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Chile.html>

## Coaching Staff

Max 8:1 athlete-coach ratio.



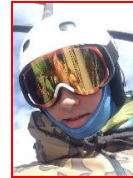
Lisa D Ballard



Emily Danza



Pierre Jeangirard



Parker Densmore



Miguel Azcarate

**Lisa Densmore Ballard:** Camp Director. Founder, “Your Turn” ski events, since 1991. 2016 FIS Masters Women’s Super G champion. 6X FIS Masters World Champion. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). Former member, US Ski Team. Former member, Dartmouth Ski Team. USSS and PSIA-certified coach. 25+ years coaching experience; Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

**Emily Danza:** USSS Level 200 coach, Eldora Mountain Ski & Snowboard Club and at various junior and masters ski camps in the U.S. and Europe. 2X All-American, Montana State University-Bozeman; Masters Degree, Sports and Performance Psychology (University of Denver).

**Pierre Jeangirard:** Head coach, Mammoth Mountain Masters, since 1996. Head coach, Ski Etude racing academy, Incline Village. Entraîneur Regional (regional head coach), France. Head Coach, La Clusaz, France ski team. 3X US National Masters Champion.

**Miguel Azcarate:** Director, Ligety-Weibrecht Camps; PSIA, CSIA, Level 3 ISSIA (international)-certified coach; Director, Holiday Valley Training Center; Master boot-fitter; College and masters racer from Spain.

**Parker Densmore:** Assistant Coach/Videographer. USSS Level 100 coach, Silver Run Ski Foundation (Red Lodge, Montana). Trip leader, Apogee Adventures. Former racer, Holderness School. BA, Geology/Film (St. Lawrence University), Spanish language skills.