

Come to Red Lodge Mountain and GET READY TO RACE!!

DECEMBER 4-9, 2022

WHAT YOU GET:

- Slalom training (technique and tactics)
- FUXI gift bags. FUXI store!
- Free-skiing drills
- Daily video analysis
- Apres-ski social events (dinners)
- Daily door prizes
- Demo race poles from LEKI
- Demo Bliz helmets and goggles
- Evening programs on ski tuning, the mental side of competition and other keys to fast ski racing.
- Maximum 8:1 Athlete to coach ratio
- Maximum participants: 40 per day
- US Ski & Snowboard-sanctioned masters races – GS + SL - at the end of the camp
- Proceeds from the camp support the Silver Run Ski Foundation. Thank You!

COACHING STAFF:



Lisa Ballard: 2017, 2020 FIS Masters SG champion, 2022 GS champion, 2020, 2022 age group champion. 6X US Masters Skier-of-the-Year; 100+ US alpine masters titles (DH, SG, GS, SL); USSS and PSIA-certified coach; 30+ years coaching experience;

Former US Ski Team, Dartmouth College and pro racer. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



Jeremy Wolf: Silver Run Head Coach. Former FIS-level racer. USSS-certified coach. Has also coached at Schweitzer and at Rocky Mountain College (multi-time USCSA national champs).



Mark Selby: USSS Level 200 and PSIA Level 2 coach, 26 years coaching experience, 20 years Silver Run Coach, all ages/abilities; ski gear + tuning guru.



Jack Ballard: Coach, Big Sky SEF Master's Program. Coach, Silver Run Masters Program. USSS-certified coach. PSIA-certified instructor. Chair, Northern Division Masters. 13 years national and international masters competition; 3rd place overall, 2018

National Speed Series, Class 7. Former college instructor, graduate and undergraduate courses in human learning.



Cole Greer: USSS Level 300 coach and TD. Former US Ski Team coach. Has also coached at Bridger Bowl, Red Lodge, MSU-Bozeman, Sugar Bowl, Alpine Meadows and Squaw Valley, at the junior, Nor Am and FIS levels. 30+ years coaching experience. Former FIS and college racer.

Sign up at SilverRunSki.com under "Masters"
Registration opens at 7:00 a.m. on September 1, 2022*

*Full camp only. Registration for specific days opens on September 2, 2022.

SCHEDULE:

Saturday, Dec 3: Welcome reception, 6pm-8pm, at The Roosevelt Center. Appetizers provided by Silver Run Ski Club.

Sunday, Dec 4: SL free-skiing drills (morning). SL progression – brushes, stubbies, gates (afternoon). “Social Night” - dinner at private homes around town. FUXI Store opens after skiing in the back room at Red Lodge Pizza Company.

Monday, Dec 5: SL training continues (morning/afternoon). Evening program: Mastering the Mental Side of Ski Racing.

Tuesday, Dec 6: GS free-skiing drills (morning) GS training with line drills (afternoon). Apres-ski appetizers compliments of Silver Run Ski Foundation, 4-6pm at Natali’s Front Bar.

Wednesday, Dec 7: GS training (morning). GS timed runs (afternoon). Evening program: Live Zoom session, “Latest trends in race ski tuning”, with Graham Lonetto, Race Director, SWIX USA.

Thursday, Dec 8: US Ski & Snowboard masters GS race.

Friday, Dec 9: US Ski & Snowboard masters SL race (morning). Afternoon departure.

COST:

Only \$465!

Camp tuition includes your race entry fees.

Camp tuition does not include transportation, lift tickets, lodging and a US Ski & Snowboard (USSS) masters license. Note: A USSS license is not required to participate in the camp, but it is required to enter the races. If you are not a member of USSS, the camp staff will assist you in either joining USSS (recommended if you are planning to go to additional masters races this winter) or obtaining a one-day “short-term license”.

Discounted tuition for current Silver Run Masters Racers:

Your 2022-23 club membership must be paid prior to camp registration.

Punch cards: No discount
1-Day Program: \$360
Multi-Day and 2-Day Program: \$300

Can only come to part of the camp?

No problem! We will pro-rate your camp tuition based on the number of days you can attend: \$120 per day for training days, plus your race entry fees (\$40 per day).

CANCELTION POICY:

10% Cancellation fee prior to November 1, 2022.

After November 1, 50% cancellation fee and only if we can fill your spot!

LIFT TICKETS:

Red Lodge Mountain offers discounted multi-day lift tickets which can be purchased at the ticket window or even cheaper in advance online at RedLodgeMountain.com. Pricing also gets cheaper as you get older, starting with Seniors (ages 65-69) and Super Seniors (ages 70+).

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Registration opens at 7:00 a.m. on September 1, 2022*

**Full camp only. Registration for partial camp opens on September 2, 2022.*

RECOMMENDED LODGING:

Silver Run has room blocks for the camp at the following hotels from December 4 to December 9, 2022. Please note: **Friday and Saturday, December 2-3, is the annual Christmas Stroll in Red Lodge. Hotels do not discount rooms during Christmas Stroll weekend, and they fill up early. If you are traveling to Red Lodge for the camp and need lodging on Saturday, December 3, please book your room ASAP!**



The Pollard Hotel: Historic hotel in the heart of Red Lodge. 30% off published room rates. Rates vary by room. Full breakfast available in Marli's at 7am, except Tuesday and Wednesday, not included in room rate. Tel. 1-406-446-0001. Book on-line at: hotels.cloudbeds.com/reservation/Nw3DWC?allotment_block_code=b790301#checkin=&checkout= Group Code: b790301



The Yodeler: Motel-style lodge, close to ski area access road. \$125 per night. Mention "Silver Run Ski Team" to get the rate.

Room blocks end November 3, 2022! After that, rooms are available at the room-block rate if available.

MORE INFO:

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

Vanessa Selby, Program Director, Silver Run Ski Club, T. (406) 208-1875, silverrunski@gmail.com

Thank you to our camp sponsors:

