

CMAC GS / Carving Camp

This camp is overnight for incoming J3 racers and older // Walk On for J5 and older

Camp Location	Mt. Hood, Oregon								
Camp Dates	Saturday, June 20, 2009 - Thursday, June 25, 2008 (ski dates) <ul style="list-style-type: none"> • June 20 - Team Meeting at 7:30PM in the Huckleberry • June 21 - Carving, Edging, and Balance Skills • June 22 - Carving with Some Gates • June 23 - GS Courses and Drill Courses • June 24 - Full GS Gate Training • June 25 - Full GS Gate Training 								
Camp Costs	\$995** (includes lifts, lodging, breakfast/dinner, transportation) - J3 & Older <ul style="list-style-type: none"> • \$500 Deposit due immediately to reserve spot. • \$495 Balance due June 1st \$135/Day (includes lifts & dry land activities) - J5 or older Walk On Option								
Forms Required	Code of Conduct, Medical Release, and Timberline Release								
Send Deposit & Forms	CMAC (make checks payable to CMAC) PO Box 52768 Bellevue, Washington 98015-2768								
Questions??	Alan Lauba, CMAC Director Phone: 425-890-9812 // Fax: 425-644-6972 E-mail: cmacski@aol.com								
Van Travel**	If you plan to ride in the vans on the way down, we will meet at the Northwest parking lot of South Center Mall just east of the Bahama Breeze restaurant at 11:30AM on June 20 th .								
Arrival Date/Time	Plan to arrive between 6-7:00PM June 20 th (Meeting at 7:30PM) Huckleberry Inn, Government Camp, Oregon // 503-272-3325								
Depart Date/Time	Leave Mt. Hood 1:00PM June 25 th after skiing								
Camp Includes	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">✓ Lift Tickets</td> <td style="width: 50%;">✓ Transportation**</td> </tr> <tr> <td>✓ Coaching</td> <td>✓ Lodging**</td> </tr> <tr> <td>✓ Video Analysis</td> <td>✓ Food**</td> </tr> <tr> <td colspan="2">✓ Dry Land Training (June 21-24)</td> </tr> </table>	✓ Lift Tickets	✓ Transportation**	✓ Coaching	✓ Lodging**	✓ Video Analysis	✓ Food**	✓ Dry Land Training (June 21-24)	
✓ Lift Tickets	✓ Transportation**								
✓ Coaching	✓ Lodging**								
✓ Video Analysis	✓ Food**								
✓ Dry Land Training (June 21-24)									
Daily Schedule	<ul style="list-style-type: none"> ✓ 6:40AM - Meet at Lodge to pick up lift ticket ✓ 7:00AM - Load lifts & Warm Up ✓ 8:00AM - Drill training ✓ 9:45AM - Juice Break on hill ✓ 10:00AM - Training ✓ NOON - Training ENDS ✓ 12:30PM - Lunch ✓ 2-3:00PM - Demo Shops ✓ 3:30PM - Dry Land Training (June 21-June 24) ✓ 7:30PM - Video at Huckleberry 								
Dry Land Activities (June 21-June 24)	Please be prepared for dry land activities in the afternoon hours, which include Ultimate Frisbee, Soccer, Swimming, Physical Training.								
Staff	To include one or more of our CMAC US Ski Team Members and NCAA Division I Racers. Scott Macartney, Paul McDonald, and Courtney Hammond all have expressed interest in coaching depending on their summer schedules. We look forward to providing the most up to date and quality coaching and current racing techniques.								