

CMAC GS #2 / 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	Sunday, July 19, 2009 - Friday, July 24, 2008 (ski dates) <ul style="list-style-type: none"> • July 19 - Team Meeting at 7:30PM in the Huckleberry • July 20 - Carving, Edging, and Balance Skills • July 21 - Carving with Some Gates • July 22 - GS Courses and Drill Courses • July 23 - Full GS Gate Training • July 24 - 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 July 1st <p>\$135/Day (includes lifts & dry land activities) - J5 or older Walk On Option</p>								
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 July 19 th .								
Arrival Date/Time	Plan to arrive between 6-7:00PM July 19 th (Meeting at 7:30PM) Huckleberry Inn, Government Camp, Oregon // 503-272-3325								
Depart Date/Time	Leave Mt. Hood 1:00PM July 24 th after skiing								
Camp Includes	<table border="0"> <tr> <td>✓ Lift Tickets</td> <td>✓ 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 (July 20-23)</td> </tr> </table>	✓ Lift Tickets	✓ Transportation**	✓ Coaching	✓ Lodging**	✓ Video Analysis	✓ Food**	✓ Dry Land Training (July 20-23)	
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Daily Schedule	<ul style="list-style-type: none"> ✓ 6:40AM - Meet at Lodge to pick up lift ticket ✓ 7:00AM - Load lifts and 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 (July 20-July 23) ✓ 7:30PM - Video at Huckleberry 								
Dry Land Activities (July 20-July 23)	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.								