

CMAC SL Walk-On Camp

Camp Location	Mt. Hood, Oregon
Camp Dates	Saturday, August 1, 2009 - Wednesday, August 5, 2009 <ul style="list-style-type: none"> • August 1 - Carving, Edging, and Balance Skills • August 2 - Carving with Some Gates • August 3 - Short SL Courses and Drill Courses • August 4 - Full SL Gate Training • August 5 - Full SL Gate Training
Camp Costs	\$675 (includes lifts, coaching, dry land training and video analysis) <ul style="list-style-type: none"> • \$400 Deposit due immediately to reserve spot. • \$275 Balance due July 1st \$135/Day (includes lifts, coaching, dry land training, and video analysis)
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
Camp Includes	<ul style="list-style-type: none"> ✓ Lift Tickets ✓ Coaching ✓ Video Analysis ✓ Dry Land Training (Aug 1-4)
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 ✓ 3:00PM - Dry Land Training ✓ 5:30PM - Video Session (Location To Be Announced)
Dry Land Activities	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.