



MID-ATLANTIC MASTERS RACE CAMP

Presented by



JANUARY 3-6, 2022

WHAT YOU GET:

- 2 days of GS training on Eisenhower: Technique, tactics, timed runs
- 2 days of slalom training with progressions through brushes, stubbies and full gates
- Daily video analysis
- Daily door prizes
- FUXI gift bag with additional gifts from sponsors
- Awesome camp shirt!
- Maximum participants: 40
- Maximum athlete:coach ratio: 8:1
- Chance to train on the race hills for the weekend's masters races!
- Top-level coaching to jump start your ski season
- Booster Strap and LEKI demos
- Apres-ski programs to help you go faster
- Get race-ready for the masters GS and slalom at the end of the camp
- Proceeds from the camp support Mid-Atlantic Masters. Thank you!

SCHEDULE:

Sunday, Jan 2 (evening): Welcome reception and camp check-in, 6-8pm. Pick up your camp gifts. Get info. Meet the coaches.

Monday, Jan 3: Free-skiing drills on slalom skis (morning). Slalom progression in brushes and stubbies (afternoon). Evening program: "Trends in race gear for masters", presented by Matt McKenna, Race Director, Marker Dalbello Volkl.

Tuesday, Jan 4: Slalom training, stubbies and full gates. Evening program: "How to prep your skis for race day", presented by Graham Lonetto, Race Director, SWIX.

Wednesday, Jan 5: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Evening program: "Ski Racing Rules and Other Competition Updates", presented by Carol Tomasetti and Lisa Ballard.

Thursday, Jan 6: GS training (morning). GS timed runs (afternoon). Free evening – get ready to race!

Friday, Jan 7: Mid-Atlantic Masters GS race on Eisenhower*

Sat, Jan 8: Mid-Atlantic Masters slalom race*

**The races are not part of the camp. Anyone with a US Ski and Snowboard masters membership can race!*

COACHING STAFF:



Lisa Ballard



Doug Tucker



John Pierce



Jim Tomassetti

Lisa Ballard, Camp Director: 2020 FIS Masters SG and age-group champion! 2020 Canadian Masters Grand 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. 30 years coaching experience. Former ski analyst/commentator, ESPN and other networks. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

Doug Tucker: 9X US Alpine Masters Champion. 30+ years coaching experience, including college and masters at Killington Mountain School, Green Mountain Valley School, Okemo Mountain School, plus numerous race camps worldwide.

John Pierce: FIS, NCAA and Masters competitor with multiple titles; US Ski & Snowboard-certified coach; 25+ years coaching experience; director and coach at various clinics and camps; Head Coach, Mountain Creek; NJSRA Masters Rep.

Jim Tomassetti: Head Masters and U12 coach at Hunter Mountain. US Ski and Snowboard Level 200 coach. 30 years masters racing. Captain, Syracuse University Ski Team. Former junior racer.

COST*:

FULL CAMP: \$420

Can only come to part of the camp? We'll prorate your camp tuition based on the number of days you can attend: **\$105 per day**.

**Camp tuition does not include lodging, meals and lift tickets. (See below.)*

LODGING DEALS:

Room block at Hunter Mountain expires December 10, 2021. Studio with 1 queen bed. \$232 per night plus 8% tax and \$25 hotel fee per night. Breakfast is not included. Use Code: BHUMAM22

EPIC Passholders receive 20% discount off the current market price when reserving lodging on-line, which may be cheaper than the room block rate.

If you wish to extend your stay, please contact Hunter Mountain. If you don't check out on Friday, Jan 7, you must stay both Friday and Saturday evenings. Separate rates apply.

There are a number of Airbnb's and area hotels that might offer more economical options.

LIFT TICKET DEAL:

Hunter Mountain honors EPIC pass.

Discounted lift price for non-EPIC passholders: \$50 per day.

CANCELATION POLICY:

If **Mid-Atlantic Masters** cancels the camp for any reason, your camp fee is refundable, minus the credit card processing fee if you paid by credit card.

If **YOU** need to cancel participation in the camp for any reason prior to December 2, your camp fee is refundable, minus the credit card fee processing fee if you paid by credit card. If you cancel December 2 – 16, your camp fee is refundable only if your spot is filled by another racer (less credit card fees), otherwise only 50% of your camp fee is refundable. After December 16, your camp fee is only refundable if your spot is filled by another racer (less credit card fees), otherwise it's not refundable.

MORE INFO:

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

Carol Tomassetti, Chair, Mid-Atlantic Masters, T. 845-594-9045, carolcartom@gmail.com

Sign up at
<https://masters.adminskiracing.com/>

Thank you to our presenting sponsor!



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