



MID-ATLANTIC MASTERS RACE CAMP

PRESENTED BY



JANUARY 2-5, 2024

WHAT YOU GET:

- 2 days of GS training: Technique, tactics
- GS timed runs
- 2 days of slalom training with progressions through brushes, stubbies and full gates
- Daily video analysis
- Daily door prizes
- Awesome camp shirt!
- Maximum participants: 32 athletes
- Maximum athlete: coach ratio: 8:1
- Chance to train on the race hills for the masters races following the camp!
- Top-level coaching to jump start your ski season
- LEKI ski pole and Booster Strap demos
- Apres-ski programs to help you go faster
- Any proceeds from the camp support Mid-Atlantic Masters. Thank you!

COST*:

Early Bird Registration (before December 1, 2023): **\$550**

After December 1, add \$100.

Can only come to part of the camp? We'll prorate your camp tuition based on the number of days you can attend: **\$140 per day**. (Add \$25 per day if you register after December 1.)

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

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

SCHEDULE:

Monday, Jan 1 (evening): Travel to Hunter.

Tuesday, Jan 2: Free-skiing drills on slalom skis (morning). Slalom progression in brushes and stubbies (afternoon). Welcome reception at McGregor's. Get your camp shirt!

Wednesday, Jan 3: Slalom training, stubbies and full gates (morning, afternoon). Chalk Talk: "Slalom Tactics".

Thursday, Jan 4: Free-skiing drills on GS skis (morning). GS gate training with line drills (afternoon). Coach's Panel: "Get Your Game Face On – How to warm-up physically and mentally on race day".

Friday, Jan 5: GS training (morning). GS timed runs (afternoon). Chalk Talk: "GS Tactics". Get ready to race!

Saturday, Jan 6: *Mid-Atlantic Masters slalom race on Lower Broadway*

Sunday, Jan 7: *Mid-Atlantic Masters Masters GS Race on Eisenhower*

COACHING STAFF:



Lisa Ballard



John Pierce



Jim Tomassetti



Jack Ballard

Lisa Ballard, Camp Director: FIS Masters Overall Champion GS 2022, SG 2020. Canadian Masters Grand Champion, 2020. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). Former member, US Ski Team, Dartmouth Ski Team. 35 years coaching experience. Former ski analyst/commentator, ESPN and other networks. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.

John Pierce: FIS, NCAA D1, ASRA and Masters competitor with numerous titles; US Ski & Snowboard Coach with 25+ years coaching experience; director and coach at various clinics and camps; Lead Coach U16-19 and Director of Masters, Mount Peter Alpine Race Program; Former Head Coach, Mountain Creek; NJSRA Masters Representative. NJSRA Competition Committee Member.

Jim Tomassetti: Head Masters and U12 coach at Hunter Mountain. US Ski and Snowboard Level 300 coach. 30 years masters racing. Captain, Syracuse University Ski Team. Former junior racer.

Jack Ballard: M.A., M.Ed: 2023 National Speed Series class 7 champion, 4th overall men under age 65. US Ski and Snowboard certified coach. 8 years dedicated masters coaching at Red Lodge Mountain and Big Sky. USSS-certified coach and official. Former university lecturer, including graduate courses in educational psychology and human learning. Chair, USSS Northern Division Masters. Member, US Ski and Snowboard Masters Working Group.

LODGING:

No room block, but there are many options at local hotels and through AirBNB/VRBO. We will be sending a link out in the future with options and ideas.

LIFT TICKETS:

Hunter Mountain honors EPIC pass.

Discounted lift ticket for non-passholders: \$52 per day. Your name will be on a list for the camp at the guest services desk.

CANCELATION POLICY:

If **Mid-Atlantic Masters** cancels the camp for any other reason, your camp fee is refundable, minus the credit card & adminskiracing processing fee.

If **you** need to cancel participation in the camp for any reason prior to December 1, your camp fee is refundable, minus the credit card and adminskiracing processing fee. If you cancel on December 1 or later, your camp fee is refundable only if your spot is filled by another racer (less fees), otherwise only 50% of your camp fee is 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>

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