



2009 Summer Ski Racing Camps



Timberline, Mt. Hood, Oregon

The 2009-2010 season starts with SSRA Summer Ski Racing Camps. This summer, take it to the next level...

BACK BY POPULAR DEMAND!!

****TRANSPORTATION TO AND FROM MT. HOOD IS AVAILABLE.***

*****CREDIT CARD PAYMENT WILL BE ACCEPTED ON LINE USING ACTIVE.COM.***

******SKI RACER BAILOUT PLAN...LAST YEAR'S PRICES!!***

NEW FOR 2009

UPGRADED LODGING!

VIDEO DVD OF CAMP!

2009 SSRA SUMMER CAMP DATES

Dates	Camp Name	Designed for:	Focus
Fri, June 19th-Fri, June 26th	Session #1	All athletes	GS/SL
Sat, July 18 th -Sat, July 25th	Session #2	All athletes	GS/SL

If you have questions, please ask which session is best for you

WHY SUMMER CAMP?

** Summer training is where fundamental technical improvements for the upcoming season take place. For that very reason, summer camps are the SINGLE MOST IMPORTANT training blocks of the year!*

** Daily video and individual attention (5 to 1, athlete to coach ratio)*



** The USSA coaches association recommends summer camp to be competitive.*

**The US Ski Coaches Association recommends:*

For 11-12 year olds

Up to 6 days of summer training

For 13-14 year olds

5-15 days of summer training

For 15-16 year olds

20-30 days of summer training

For 17-18 year olds

25-45 days of summer training

**Summer training conditions are reliable!*

**Great weather. Consistent, salted and firm snow.*

**Mt Hood is in our "backyard"! Ski racers from around the country fly thousands of miles to attend summer camps at Mt. Hood. For SSRA, it is a short 5 hour drive!*

**Your competition attends summer camp! Most J4's, J3's, J2's and J1's, from around our division, and around the country, train on the glacier. Many juniors train for multiple sessions each summer.*

MOST OF ALL....IT'S FUN!!!

OUR PHILOSOPHY

SSRA Summer Training Camps focus on high quality, specialized training with a strong emphasis on individual attention. Multiple groups are created as necessary according to ability and age. Free skiing, drills and various types of courses are used to help athletes develop skills quickly. Video analysis is used daily to show progress and to help each athlete understand the effect of their efforts and what is felt on the snow. Technical development is primary with tactical challenges used to test the strength of the technical changes implemented. SSRA Summer Ski Racing Camps use state of the art training techniques to move ahead of the competition!

Boot alignment and all equipment is assessed and athletes have the opportunity to test various skis and boots DAILY.

Afternoon and Evenings are used to supplement the on-hill training experience. Physical and mental training methods are taught in addition to ski preparation techniques.

A strong emphasis on safety ensures that each athlete is comfortable in training situations and can excel. Rest, hydration and good nutrition are an important part of making the most of summer ski & snowboard training.

Most of all.....SSRA Summer Ski Racing Camps are FUN!



Glacier Training



Tygh Valley Cliff Jumping



Rafting on the Deschutes



Whiffleball World Series



More Training!



Hoops at the Hood

ALL CAMPS INCLUDE:

Highest quality, professional and experienced coaching with home program and special guest coaches- the continuity of training with SSRA coaches in the summer should not be underestimated!

Low coach to athlete ratio (5 or less per coach!)

Outstanding, comfortable accommodations in Government Camp

All on-site transportation

Three healthy meals per day plus snacks

T-shirt

Lift tickets and training expenses (salt, etc.)

On-hill video analysis

All afternoon, evening and rest day activities

Equipment demos-DAILY!

AFTERNOON/EVENING ACTIVITIES

Afternoon activities: will include hikes, trail running, field sports, plyometrics, agility exercises, core work, and swimming. Afternoons may be taken off to rest, if needed.

Evening activities: Basketball, ski tuning, movies, and relaxation time.

ACCOMMODATIONS / MEALS



SSRA will be enjoying new accommodations for the 2009 summer camp! We will again be in the Alpenglade neighborhood of Government Camp.

SSRA Training camp meals are nutritious and all-you-can-eat. Two meals are eaten daily at the camp house while a bagged lunch is provided for on the hill. In addition, snacks are always available in the camp kitchen.

WHAT TO BRING

On-hill needs : Skis, boots, poles, backpack, sunscreen, lip sunscreen, goggles, slalom face protection, shin guards, pole guards, helmet, layered winter clothing, rain gear, 2 pairs of gloves, hat, water bottles

Off-hill needs: Ski tuning equipment, training journal, summer clothing, running shoes, workout clothing, swimsuit, towel, toiletries, sleeping bag, pillow, spending money, sunglasses

"TYPICAL DAY" SCHEDULE

5:45 am / 6:15 am	Wake up, Breakfast/ Depart for mountain
6:45 am-Noon	On-Snow Training (9:45 snack break)
1:00 pm-2:00 pm	Visiting Demo Centers
2:30 pm-3:00 pm	Free time
3:00 pm-5:30 pm	Afternoon activities/Dryland Training
6:00 pm	Dinner
7:00 pm-9:00 pm	Evening Activities/Ski Tuning
9:00 pm/9:30pm	In house/Lights out

PRICING

SESSION #1	SESSION #2
June 19-26	July 18-25
\$1,675.00	\$1,675.00

CAMP SCHEDULES

Dates	Session #1	Dates	Session #2
Fri, June 19th	5:00 pm Arrival	Sat, July 18th	5:00 pm Arrival
Sat, June 20th	GS Free Skiing	Sun, July 19 th	GS Free Skiing
Sun, June 21 st	GS training	Mon, July 20 th	GS training
Mon, June 22 nd	GS training	Tues, July 21 st	GS training
Tues, June 23 rd	Rest Day-WHITEWATER Rafting Trip	Wed, July 22 nd	Rest Day-WHITEWATER Rafting Trip
Wed, June 24 th	SL training	Thurs, July 23 rd	SL training
Thurs, June 25th	SL training	Fri, July 24th	SL training
Fri, June 26th	SL training/ Noon Depart	Sat, July 25th	SL training/ Noon Depart

HOW TO REGISTER

1. Register/pay online using Active.com. Goto www.gossra.org and click on the  icon. Fill out electronic forms and submit. (Processing fee accompanies use of service)
2. When confirmation email is sent, please print off attached Timberline release & mail to Chuck Holcomb, 2824 S. Garfield, Spokane, WA 99203 -OR-
 1. Fill out SSRA Summer Ski Racing Camp Registration Form
 2. Write check for deposit payable to Chuck Holcomb
 3. Send Form with deposit by May 26th to: **Chuck Holcomb, 2824 S. Garfield, Spokane, WA 99203**. Upon registration, you will be contacted and given directions to camp headquarters!
 4. Fill out Timberline Liability Release (sent upon receipt of reg. form)
 5. Send remainder of camp fees to same address by June 16th.