

# MT. HOOD 2014 SUMMER CAMP 2

*Tactics and Fall-line in Technical Events*  
*Camp Dates August 3-13*

## Goals

The on-snow focus will be on tactics and using the fall-line efficiently for maximum speed and control. The camp will follow a progression that implements the fall-line drill courses, course sections and full length courses.

## The Mountain

Timberline Ski Area does an amazing job of providing top notch services to make the snow hard and consistent, lane space for training courses and demo centers for testing equipment.



## Travel Plans

**Getting There**—Winter Park Van leaves on Aug 3rd and arrives Boise, ID that night. The van will arrive Mt. Hood lodging midday on the 4th. If flying please have flights arrive the Portland Airport Aug 4th by 4pm so the WP Van can do a quick pick up.

**Getting Home**—Van leaves after skiing on Aug 12th and drives to Boise after dropping off flyers at the airport, arriving Winter Park by the evening of the 13th. The team van will do a drop off for flyers by 2pm on Aug 12th, but will be limited with athletes needing check in for flights. Flights should leave the Portland Airport no earlier than 4pm on the 12th.

**What to Bring:**

- GS and SL Skis, Boots, Poles
- Protective Gear
- GS Suit
- Winter Ski Clothing
- Rain Gear (pants and coat)
- Lots of Sunscreen
- Tuning Supplies (wax, iron, sharpeners,
- Water Bottle
- Workout clothing
- Notebook and pen for jotting down key points during on-snow and video feed back



**On-snow Content** — Mt. Hood offers an incredible opportunity to ski mid summer and work on tactical element of ski racing. With its challenging, yet consistent pitch, Mt. Hood training offers lots of repetition in the fall-line while also refining tactics in slalom and GS.

**Off-Snow Content** — Mt. Hood is full of fun!! Rafting, paddle boarding, tennis, swimming, soccer, hiking...you name it, we have the opportunity to enjoy all these activities on our off day and afternoons. We'll also use the evenings to go over video of the day's skiing. A tuning area is provided so please bring your tuning supplies.

**Coaches:** **Mike Bowman—Alpine Director**  
**Julie Pierce—Age Class Head**  
**Other Coaches: TBD**  
**More Coaches TBA**

**Camp Costs** — **\$1800** Base fee (Coaching, Tickets, Lodging, Meal Plan)\*  
**\$280** Van Ride Round Trip (8/3 Depart, 8/13 Return, WP>MH>WP includes gear  
**\$50** Gear in van, flyers WP>MH> WP  
\*Airfare not included

**Camp Cost w/o Lodging: \$1500**