

# 2017 GS Summer Camp



Our summer camps will provide athletes ages 9 yrs and older summer GS training opportunities. Our emphasis is on the continuation of skill development for all disciplines. Including gate drill progressions, competitive training environments. With our experienced coaching staff we are able to offer a high level training environment for our athletes.

## Dates

- **GS Camp June 26-29, \$665**

## Cost

Price includes: T-Shirt, coaching, hot breakfast, hot lunches, lift tickets, afternoon activities, & daily round trip van transportation from Hood River to Timberline.

## Afternoon Activities

In addition to on hill training we offer afternoon activities each day: hiking, field sports, swimming, tech talks & video. \*Opportunities to Demo 2017-18 race skis & boots will be available on a daily basis usually free of charge. Demo size availability with skis and boots is usually for the U12 and older athlete.

## Daily Camp Schedule

5:15 am: Meet at Hood River Inn for Timberline departure. 6:15: Breakfast at Timberline 7:00: Ski 12:00: Lunch at Timberline 1:00: Demo skis in Govy 2:00: Afternoon Activities 4:30: Pick up at Hood River Inn at 5pm

## How To Register

- Camp deposit is due along with the completed registration & release forms no later than: June 1st: (\$300) GS Camp
- The remainder of the camp fees due prior to camp, no exception. Mail payment & forms to PO Box 1246 Hood River, OR 97031 For any questions or additional information contact Shana (541) 490 -7575, Email: [shanasweitzer@gmail.com](mailto:shanasweitzer@gmail.com)

## Weekly Training Schedule

GS Camp: June 19: Free-ski GS Drills June 20: GS drill courses June 21: GS drill courses July 22: GS course