

Presented by



Come to Red Lodge Mountain and GET READY TO RACE!!

DECEMBER 6-9, 2021

WHAT YOU GET:

- GS and slalom training (technique and tactics)
- FUXI gift bags
- Free-skiing drills
- Daily video analysis
- Apres-ski social events (dinners)
- Daily door prizes
- Demo race poles from LEKI
- Evening programs on race gear for masters racers, ski tuning, and the rules of ski racing
- Maximum 8:1 Athlete to coach ratio
- Maximum participants: 40 per day
- US Ski & Snowboard-sanctioned masters GS race at the end of the camp
- Proceeds from the camp support the Silver Run Ski Foundation. Thank You!

COACHING STAFF:



Lisa Ballard: 2017, 2020 FIS Masters SG champion. 2020 FIS Masters age group champion; 6X US Masters Skier-of-the-Year; 100+ US alpine masters titles (DH, SG, GS, SL); USSS and PSIA-certified coach; 30 years coaching experience; Former US Ski Team, Dartmouth College and pro racer. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



Jeremy Wolf: Silver Run Head Coach. Former FIS-level racer. USSS-certified coach. Has also coached at Schweitzer and at Rocky Mountain College (multi-time USCSA national champs).



Mark Selby: USSS Level 200 and PSIA Level 2 coach, 25 years coaching experience, 19 years Silver Run Coach, all ages/abilities; ski gear + tuning guru.



Sverre Nyquist: Silver Run U16-U19 coach. He has also coached at University of Denver, Baerum Ski Club (Norway) and the Norwegian Top Athlete Gymnasium. Former NCAA Division 1 racer for the University of Wyoming and pro racer.



Cole Greer: USSS Level 300 coach and TD. Former US Ski Team coach. Has also coached at Bridger Bowl, Red Lodge, MSU-Bozeman, Sugar Bowl, Alpine Meadows and Squaw Valley, at the junior, Nor Ams and FIS levels. 30+ years coaching experience. Former FIS and college racer.

Sign up at SilverRunSki.com under "Masters"
Registration opens at 7:00 a.m. on September 1, 2021

SCHEDULE:

Sunday, Dec 5: Welcome reception*, 6pm-8pm, at the FUXI store at The Pollard Hotel. Appetizers provided by Silver Run Ski Club.

Monday, Dec 6: SL free-skiing drills (a.m.). SL training (p.m.). Dinner at the home of Jack and Lisa Ballard*. Evening program: "The Rules of Ski Racing" – new rules, rule changes, review of existing rules for Winter 2021-22.

Tuesday, Dec 7: SL training (a.m.). SL training (p.m.). Dinner at the historic family house of Kelley Harmon*. Evening program: "Fitness & Nutrition for Ski Racing" presented by the Billings Clinic.

Wednesday, Dec 8: GS free-skiing drills (a.m.). GS training (p.m.). Dinner at the home of Kevin Cuddihy*. Evening presentation: "Skis for Masters Racers", with Matt McKenna, Race Director at Marker/Volk/Dalbello race (video) then Q&A with coaches.

Thursday, Dec 9: GS training (a.m.). GS timed runs (p.m.). Dinner at Red Lodge Pizza Company*. Evening program: "How to Prep Your Skis for Race Day", with Graham Lonetto, Race Director, SWIX USA (via Zoom).

Friday, Dec 10: US Ski & Snowboard-sanctioned masters GS Race (a.m.). Afternoon departure.

**Proof of vaccination or a mask covering your nose and mouth is required at camp dinners and other indoor group gatherings (like morning meetings in the base lodge).*

COST:

ONLY \$365!

Camp tuition includes your race entry fee.

Camp tuition does not include transportation, lift tickets, lodging and a US Ski & Snowboard (USSS) masters license. Note: A USSS license is not required to participate in the camp, but it is required to enter Friday's GS race. If you are not a member of USSS, the camp staff will assist you in either joining USSS (recommended if you are planning to go to additional masters races this winter, \$135) or obtaining a one-day "short-term license" (\$35).

Late Registration Fee (after November 7th): Add \$100 or \$25 per day, unless you were put on the wait list prior to November 1 and are given a spot that has opened up.

Discounted tuition for current Silver Run Masters Racers:

Note: Your 2021-22 club membership must be paid prior to camp registration.

Punch cards: No discount

1-Day Program: \$335

Multi-Day and 2-Day Program: \$285

Can only come to part of the camp?

No problem! We will pro-rate your camp tuition based on the number of days you can attend: \$95 per day for training days and your entry fee (\$35) on race day.

LIFT TICKETS:

Red Lodge Mountain offers discounted multi-day lift tickets which can be purchased at the ticket window or even cheaper in advance online at RedLodgeMountain.com. Pricing also gets cheaper as you get older, starting with Seniors (ages 65-69) and Super Seniors (ages 70+).

Sign up at SilverRunSki.com under "Masters"
Registration opens at 7:00 a.m. on September 1, 2021

RECOMMENDED LODGING:

Silver Run has room blocks for the camp at the following hotels. Call to book. Discounted rates are not available on-line. Mention **"Silver Run"**:



The Pollard Hotel: Historic hotel in the heart of Red Lodge. 30% off published room rates. Rates vary by room. Full breakfast available in Marli's at 7am, except Tuesday and Wednesday, not included in room rate. Tel. 1-406-446-0001.



Quality Inn (formerly Comfort Inn): Pet friendly. Includes grab-and-go breakfast, 6am-9am. Indoor pool and hot tub. Discount rate: \$100 per night. Tel:1-406-446-4469.

Room blocks end November 5, 2021! After that, rooms are available at the room-block rate if available.

MORE INFO:

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

Vanessa Selby, Program Director, Silver Run Ski Club, T. (406) 208-1875, silverrunski@gmail.com

Thank you to our presenting sponsor!



And our additional camp sponsors:



ULVANG

pistil 

