

**SPACE WILL BE LIMITED
TO THE FIRST 20
ATHLETES WHO SIGN UP**



HOW TO SIGN UP

To reserve your spot for the Cooper Spur Race Team Summer Race Camps:

- ✓ **Camp deposit is due along with the completed registration & release forms no later than:**

June 1st: (\$300) GS Camp

July 1st: (\$300) SL 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

CSRT SUMMER RACE CAMPS 2015

GS Camp: June 12-15

SL Camp: July 24-26



COOPER SPUR RACE TEAM SUMMER RACE CAMPS 2015

FUNDAMENTALS & GATES

Our summer camps will provide athletes ages 9 yrs and older summer training opportunities in GS, and Slalom. 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.

COST:

GS Camp: 6/12-6/15: \$665

SL Camp: 7/24-7/26: \$480

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

WEEKLY SCHEDULES:

GS Camp:

June 12: Free-ski GS Drills

June 13: GS drill courses

June 14: GS drill courses

July 15: GS course

SL Camp:

July 24: SL drill courses

July 25: SL drill courses/SL Sections

July 26: SL course

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

AFTERNOON ACTIVITIES

In Addition to on hill training we offer afternoon activities each day: hiking, field sports, swimming, tech talks & video.

*Opportunities to Demo 2015-16 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 schedule for GS & SL Camps:
