



Telluride Ski and Snowboard Club
Technical Skills Camp
Mammoth Mountain
June 13-20, 2010

The Technical Skills Camp at Mammoth is the ideal summer preparation camp for J4 and older junior racers. The on-snow focus will be on basic fundamentals with the goal of starting the new season with a rock solid technical base and working to correct each racer's major technical flaws from the previous season. Mammoth offers an incredible variety of terrain flat to very steep, groomed and un-groomed, and we will use all of it to master skills. The majority of this camp will be outside of gates, but we will use some drill courses at the end of the camp to test their mastery of the technical skills. The on-snow content will mirror that of the U.S. Ski Team and National Development System early summer preparation camps. Off-snow, dry-land sessions will center on fun, team-building and education to give camp participants the tools to build and refine their conditioning programs for the remainder of the summer. We will spend significant time in the evenings using video analysis to reinforce the days learning, and will spend time in sports psychology topics including competition preparation, goal setting, self-confidence and imagery. Lodging will be at the base of Mammoth Mountain with easy access to both the skiing and dry-land facilities. If you can only do one camp this summer...THIS IS IT!



If you attend this camp, we will try to also offer an intense 5 day shorter session at Mt. Hood in August. If you are unable to attend this camp, we will try to offer a longer 8 day session at Mt. Hood in August as well. The Hood camps will overlap.

Camp Costs: \$1700. Includes ground transportation from and back to Reno Airport, lodging, meals, lift tickets, lane fees, coaching, dry-land activities and camp video. Transportation from Telluride to Mammoth is available, but seating is limited. Cost is \$140 and includes an extra night of lodging at a hotel, but does not include meals.

Return transportation may not be available, depending on numbers attending and individual needs. Please discuss logistics with Mike Bowman before committing to the camp.

Flight Information: We will pick up participants at the Reno Airport at 2:30 pm on June 13; flights must arrive before this time. We will drop off camp participants by 3:00 pm on June 20, please schedule return flights to depart at 4:00 pm or later to ensure time for check-in. Check your airline's policies regarding baggage allowances and travel for unaccompanied minors. The coaching staff will not arrive for pick-up until 2:30 pm on June 13, and will depart from the airport on June 20 after all participants are checked in at the ticket counter. We will provide a specific meeting location at the airport in your confirmation letter.

Camp Outline:

Skiing Sessions:

- June 13* Arrive in afternoon, dinner, planning
- June 14* Full day skiing: Technical skiing skills – Free Environment
- June 15* Full day skiing: Technical skiing skills – GS Drills and Terrain Train
- June 16* Full day skiing: Technical skiing skills – GS Drills w/ toys
- June 17* Day off snow – Water Ski Training, Hike
- June 18* Full day skiing: Full length GS - tactics
- June 19* Full day skiing: Freeski & Drills -SL courses
- June 20* Half day training SL, depart

Dry-land Activities:

Field games (soccer, capture-the-flag, ultimate, etc.), flexibility, core strength, hot springs, agility and quickness.

Evening mental skills topics:

Performance planning, confidence for race day, sports nutrition, goal setting.

Questions, Call or email Mike Bowman: 970/728-6163 ext. 12 or mbowman@tssc.org



Telluride Ski and Snowboard Club
Mammoth Technical Skills Camp 6/13-20, 2010
Sign-Up Sheet

Registration due by May 15 to ensure availability!

ATHLETE NAME: _____
AGE: _____ AGE CLASS: _____ PHONE NUMBER: _____
MAILING ADDRESS: _____
EMAIL ADDRESS: _____

Mother's Name: _____ Phone #: _____
Father's Name: _____ Phone #: _____

Travel Info: (Check One)

() **By Plane:** Arrival Airline: _____ Flt #: _____ Time: _____ AM/PM
 Depart Airline: _____ Flt #: _____ Time: _____ AM/PM

***Campers must arrive to Reno Airport (RNO) before 2:30 pm on 6/13 and depart after
4:00 pm on 6/20***

() **By TSSC Van:**

 ___ Van out departs TSSC Headquarters 8 am 6/12

 ___ Van back arrives TSSC Headquarters evening 6/21 (**IF AVAILABLE**)

Van cost is an additional \$140 each way. Space is limited

() **On your own:** Call or email Mike Bowman to arrange meeting time in
California. 970/728-6163 ext. 12 or mbowman@tssc.org.

Camp Cost: \$1700 and does not include travel cost

Make check payable to TSSC.

Credit Card:

Number: _____ Exp. Date: _____

Billing Address: _____

Amount (include van if applicable at \$140 each way): _____

Authorized Signature: _____

**Please either bring sign up sheet by the TSSC office or fax to 970/728-9438 by May
15. Please include liability release signed by athlete and parent.**

Or mail to:

TSSC Alpine Summer Camps

P.O. Box 2824

Telluride, CO 81435

TSSC Camp Checklist

- ___ GS Skis and SL Skis
- ___ Ski Poles
- ___ Boots
- ___ Helmet
- ___ Goggles with good UV protection
- ___ Ski clothes (spring storms can bring rain or snow, so be prepared)
- ___ Tuning and waxing supplies
- ___ Dryland Training clothes
- ___ Good running shoes
- ___ Sunscreen
- ___ Daypack
- ___ Water Bottle
- ___ TSSC Medical Release and Liability Waiver
- ___ Mammoth Waiver

Please contact Mike Bowman with any questions.

970/728-6163 ext 12 (office)

303/668-4813 (cell)

mbowman@tssc.org