

# Start Gate Race Camp



December 16-20, 2013

Squaw Valley and Alpine Meadows will be offering our second annual Start Gate Race Camp December 16-20, 2013. This is an intensive five day camp consisting of video analysis, timed training, tuning clinics and much more. Get your season started right!

**Cost:** \$500 pass holder

\$760 with a 5 day lift ticket

Includes event fleece and swag bag

**Registration and Payment Deadline:**

Monday, December 9, 2013, *Limited to 40 sign ups*

**Where:** Alpine Meadows or Squaw Valley (determined by snow conditions)

**Coaches:** Squaw Valley and Alpine Meadows excellent coaching staff

Paul Fulkerson, Josh Transue, Will Day, Kurt Beldon, Dick Banfield, Jeff Roush,

Franck Nugent, John Nyhan

**Tentative Schedule:**

**Monday 12/16**

8am registration Location TBD

8:30am meet coaches, set training groups

9am-10am free skiing with coaches

10am-12pm Giant Slalom training, drills and video (video available at [sprongo.com](http://sprongo.com))

12pm-1pm Lunch



1pm-3pm Giant Slalom Training with video  
4pm après ski at the bar with drink specials

### **Tuesday 12/17**

8:15am-8:45 how to stretch for skiing  
9am meet coaches, set training groups  
9am-10am free skiing with coaches  
10am-12pm Giant Slalom training, drills and video (video available at [sprongo.com](http://sprongo.com))  
12pm-1pm Lunch  
1pm-3pm Giant Slalom Training with video and Timing  
2:30pm-3:30pm video analysis  
4pm après ski at the bar with drink specials



### **Wednesday 12/18**

8:15am-8:45 how to stretch for skiing  
9am meet coaches, set training groups  
9am-10am free skiing with coaches  
10am-12pm Slalom training, drills and video (video available at [sprongo.com](http://sprongo.com))  
12pm-1pm Lunch  
1pm-3pm Slalom training with video  
2:30pm-3:30pm video analysis  
3:30pm-4pm tuning clinic on the newest techniques  
4pm après ski at the bar with drink specials

## **Thursday 12/19**

8:15am-8:45 how to stretch for skiing

9am meet coaches, set training groups

9am-10am free skiing with coaches

10am-12pm Slalom training, drills and video (video available at [sprongo.com](http://sprongo.com))

12pm-1pm Lunch

1pm-3pm Slalom training with video and Timing

2:30pm-3:30pm video analysis

3:30pm-4pm tuning clinic on the newest techniques

4pm après ski at the bar with drink specials

## **Friday 12/20**

8:15am-8:45 how to stretch for skiing

9am meet coaches, set training groups

9am-10am free skiing with coaches

10am-12pm Slalom and Giant Slalom training, drills and video (video available at [sprongo.com](http://sprongo.com))

12pm-1pm Lunch

1pm-4pm Slalom Fun Race, Giant Slalom Fun Race

4pm après ski at the bar with drink specials

**\*Helmets required for all gate training**

**\*Camp will be held weather and conditions permitting**

**\*Please set up a [sprongo.com](http://sprongo.com) account to receive video online**

