



www.mccallskiracingteam.com

CAMP #3 (Slalom) – July 15 – July 19, 2010, Mt Hood

Dates: July 15 – July 19 (July 15 and July 19 are travel days).

Cost: \$650.00

Ages: J4 and older

Housing: Housing is included.

Meals: Breakfast, lunch, and dinner are included.

Transportation: The van will be available for transportation to and from Mt. Hood. There will be an extra \$50.00 van fee.

Event: All groups will be training slalom.

Daily Schedule:

5:46 AM - Wake Up

6:15 AM - Breakfast

7:00 AM - 12:00 PM - Training

12:30 PM - Lunch

2:00 PM - Conditioning

5:00 PM - Video

6:30 PM – Dinner

July 15 – Depart from the LSH parking lot 7:00 AM. Arrive Government Camp

July 16 – July 19 – Train Slalom

July 19 – Return to McCall

We will have conditioning every afternoon. Please bring appropriate athletic attire.

MSRT Camp #3 Travel day is July 15th. Our first day of training is July 16th. Please email katandchuck@frontiernet.net with your travel plans. We can make arrangements for an airport pick up on the afternoon of the 15th. If you are flying please make your arriving flight around 12:00 noon and your departing flight after 4:00 PM on the 19th of July. We will train four days of slalom. Video and timing will be used on a daily basis. MSRT athletes will have the opportunity to test next years equipment. All testing will be monitored and tracked to guarantee correct ordering next fall.

The coaching staff will include Chuck Harris, TBA, and Katerina Tichy Harris.

Please email katandchuck@frontiernet.net if you are interested in attending Camp #