



www.mccallskiracingteam.com

## **CAMP #4 (GS) – August 19 – August 23, 2010, Mt Hood**

**Dates:** August 19 – August 23 (August 19 and August 23 are travel days).

**Cost:** \$650

**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 Giant 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

August 19–Depart from the LSH parking lot 7:00 AM. Arrive Government Camp.

August 20-August 23 – Train Giant Slalom.

August 23 – Return to McCall.

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

MSRT Camp #4 Travel day is August 19th. Our first day of training is August 20th. Please email [katandchuck@frontiernet.net](mailto:katandchuck@frontiernet.net) with your travel plans. We can make arrangements for an airport pick up on the afternoon of the 19th. If you are flying please make your arriving flight around 12:00 noon and your departing flight after 4:00 PM on the 23rd of August. We will train four days of giant 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](mailto:katandchuck@frontiernet.net) if you are interested in attending Camp #4.