

CAMP AGENDA

2023 MASTERS SLALOM & GS CAMP SUMMIT WEST SNOQUALMIE PASS

December 26, 27, 28, 29

REGISTRATION DEADLINE – December 22

REGISTER here: <https://shop.summitatsnoqualmie.com/s/events/p/masters-slalom-camp-18>

TUESDAY GS - December 26th

- 8:00 – 9:00 Orientation in ROKKA BLD. - SPARC Locker Room
- 10:00 – 10:45 Free ski and drills with coaches
- 10:45 – 12:00 Hero gates and brushes...various drills – PACIFIC CREST Chair – Lane 3
- 12:00 - 1:00 Lunch and video analysis in Lodge Conference Room
- 1:00 – 3:00 Hero gate and Break away gates - drills and course running – Lane 3 – SL Start Tower

WEDNESDAY GS – December 27th

- 10:00 Meet at top of Pacific Crest Chair – Tower 9 (SL start platform) – Lane 3
- 10:00 – 10:30 Review of previous day
- 10:30 – 11:00 Drills using Hero gates
- 11:00 – 12:00 Gate running
- 12:00 – 1:00 Lunch and video analysis in Lodge Conference Room
- 1:00 – 1:30 Practice Starts – Emphasizing technique, tactics, strategies
- 1:30 – 2:00 Course tactics
- 2:00 – 2:50 Course running
- 2:50 – 3:00 Review and conclusion

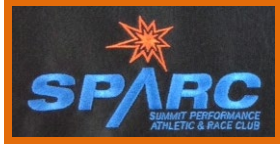
THURSDAY SL - December 28th

- 8:00 – 9:00 Orientation in ROKKA BLD. - SPARC Locker Room
- 10:00 – 10:45 Free ski and drills with coaches
- 10:45 – 12:00 Hero gates and brushes...various drills – Julie's Chair – Lanes 7 & 8
- 12:00 - 1:00 Lunch and video analysis in Lodge Conference Room
- 1:00 – 3:00 Hero gate and Break away gates - drills and course running

FRIDAY SL - December 29th

- 10:00 Meet at top of Julie's Chair – Lanes 7 & 8
- 10:00 – 10:30 Review of previous day
- 10:30 – 11:00 Drills using Hero gates
- 11:00 – 12:00 Gate running
- 12:00 – 1:00 Lunch and video analysis in Lodge Conference Room
- 1:00 – 1:30 Practice Starts – Emphasizing technique, tactics, strategies
- 1:30 – 2:00 Course tactics
- 2:00 – 2:50 Course running
- 2:50 – 3:00 Review and conclusion

TENTATIVE SCHEDULE, SENSITIVE TO WEATHER AND SNOW CONDITIONS



**2023 MASTERS SLALOM & GS CAMP
SUMMIT WEST SNOQUALMIE PASS**

December 26, 27, 28, 29

REGISTRATION DEADLINE – December 22

HOST/LOCATION:	SUMMIT PERFORMANCE ATHLETIC & RACE CLUB – SPARC – SL CAMP ON THE JULIE’S CHAIR LANE 8 GS ON THE PACIFIC CREST CHAIR LANE 3		
EVENT:	<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
	DECEMBER 26	GS CAMP	SUMMIT – PC CHAIR LANE 3
	DECEMBER 27	GS CAMP	SUMMIT – PC CHAIR LANE 3
	DECEMBER 28	SL CAMP	SUMMIT – JULIE’S LANE 7 & 8
	DECEMBER 29	GS CAMP	SUMMIT – JULIE’S LANE 7 & 8
SANCTION:	SUMMIT AT SNOQUALMIE & SPARC – USSS MASTERS ACR: SL & GS COURSES SET TO SPECIFICATIONS OF THE MASTERS ALPINE COMPETITION GUIDE		
ELIGIBILITY:	OPEN TO ALL MASTERS AGE CATEGORY ATHLETES – WITH AND WITHOUT USSS MASTERS COMPETITION LICENSES		
EQUIPMENT:	THE CAMPS DO NOT REQUIRE ACR OR ICR RULES CONFORMING SL OR GS SKIS. CAMP ORGANIZING COMMITTEE RECOMMENDS SL SKIS AND GS SKI OR A PAIR OF SKIS THAT THE ATHLETE USES FOR BOTH SL AND GS TRAINING AND RACING.		
ENTRY FEES:	\$75.00 per camp day – 2-day SL or GS, \$150. 4-day camp, \$300.00 - PAYMENT DUE AT https://shop.summitatsnoqualmie.com/s/events/p/masters-slalom-camp-18 Cash or Checks accepted for \$75 per day at camp check-in.		
ENTRY DEADLINE:	December 22, 2022. All entries must be final and complete no later than 24 hours before first draw at Team Captains’. Withdrawals must be made prior Camp check-in. There are no refunds after 8am on December 26, 2023.		
ENTRY SUBMISSION:	Make a copy of your Entry and email to: Race Administrator – Deanski Tonkin: dtonkin@summit90.com and to John Forsen: johnforsen@hotmail.com		
Check-in/Orientation:	8:00am – ROKKA Building – SPARC Locker Room – West of Magic Carpet		
TC MEETING:	COACHES: 24 Hours prior to Camp start date: December 27, 2022		
ROC/COACHES:	Race Administrator: Joe Giacobazzi – jgiacobazzi@summit90.com Camp Coaches: John Forsen, Knut Olberg, Tim Reinhardt, Rand Little, Kevin Koski, Murray Greenwood, Paul Meyer, Rich Murikami Guest Services: Sharon Allyn – sallyn@summit90.com		
LIFTS FOR CAMPERS AND WAIVERS	Campers without Season Passes Lift Tickets: \$62 – LIFT TICKET PURCHASE LINK – AND LINK TO WAIVER – ARE AT https://shop.summitatsnoqualmie.com/s/events/p/masters-slalom-camp-18		
AWARDS:	CERTIFICATE OF COMPLETION OF CAMP(S) PRESENTED ON FRIDAY @ 3:30		
LUNCH LOCATION:	DAILY 12:00 TO 1:00 VIDEO FEEDBACK IN ALPENHAUS LODGE CONFERENCE ROOM – LUNCH AVAILABLE AT STAN’S CAFÉ OR TIMBERWOLF		
AGENDA:	THURSDAY - December 26th – SEE AGENDA PAGE FRIDAY – December 27th - SEE AGENDA PAGE SATURDAY – December 28th - SEE AGENDA PAGE SUNDAY – December 29th - SEE AGENDA PAGE		