



2019 BSSEF MT HOOD SUMMER CAMP

BSSEF invites you to come train with us this summer/ 8 days on-snow

Mt Hood, OR

JULY 14-24, 2019

Session: Arrive July 14, SL- 4 days July 15-18, July 19 Day off, GS- 4 days July 20-23

Who: U10, U12, U14, U16, U19. Age appropriate Coaching

Cost: \$2200 with Transportation

Lodging: Mazama Upper Lodge (U10-U12 athletes)

Mazama Lower Lodge (U14-U19 athletes)

\$500 Deposit due April 1, 2019

Send to- BSSEF PO Box 160134

Big Sky, MT 59716, email: bigskysef@yahoo.com



Session Package Includes:

Transportation to and from MT Hood, 9 nights lodging Government Camp, 1 travel night lodging, 8 days Lift Tickets, On-hill coaching, On-hill Snacks, Dry land activities, breakfast/lunch/dinner in Government Camp Lodging,

Day off Activities- Deschutes rafting

Age Appropriate Coaching

SUMMER CAMP COACHES:

Jeremy Ueland- Coach

Aaron Haffey- Coach

TBA- Coach

Additional Coaches- TBA



Emphasis on camp will be developing athletic stance and movement required in alpine ski racing. Time will be spent improving basic technique/tactics with free skiing and drills. New skills will be performed in technical drill courses, gate training and race simulation. Mid July is the perfect training month with 2616 feet of vertical free skiing and training space available for a well-rounded experience. Most of the major race ski and boot manufacturers are in Mt. Hood through Mid-July, so your athlete will have the opportunity to demo some of the latest equipment and purchase or pre-order equipment.



Typical Daily Schedule:

5:45 am wake-up/Breakfast
6:30am load the van
7am first chair
12pm training complete, load van
12:30-1pm Lunch
1pm-2:30pm Free time
2:30 pm Dryland games
5 pm video
6 pm Dinner
7 pm Camp Meeting
9pm lights out

Dryland Activities:

7/15- Government Camp Activity
7/16- Twin Lake hike
7/17- Welch's field activity
7/18- Wildwood recreation site
7/19- Day off Rafting
7/20- Welch's field activity
7/21- Government Camp Activity
7/22- Trillium Lake
7/23- Departure after skiing
7/24-Return Home



For any questions, contact Jeremy Ueland at bigskysef@yahoo.com