



**2017 BSSEF MT HOOD SUMMER CAMP**  
**BSSEF invites you to come train with us this summer**  
**Mt Hood, OR**  
**JULY 12-21, 2017**

Session: Arrive July 12, SL- 4 days July 13-16, July 17 Day off, GS- 4 days July 18-21

Who: U10 to U19

Cost: \$1650 without Transportation

\$1900 with Transportation/extra 2 night's lodging/waterpark (dates July 11-23, 2017)

Airport Arrivals flying into PDX Scheduled 11:00am- 3:00pm on July 12

Airport Departures PDX scheduled after 4pm on July 21

\$500 Deposit due May 1, 2017

Send to- BSSEF PO Box 160134,

Big Sky, MT 59716, email: [bigskysef@yahoo.com](mailto:bigskysef@yahoo.com)

Session Package Includes:

10 nights lodging, 8 days Lift Tickets, On-hill coaching, On-hill Snacks, Dry land activities, Home Cooked Meals, Optional-transportation to/from Big Sky, Cost: \$200

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
- 6am load the van
- 7am first chair
- 12pm training complete, load van
- 1pm Lunch
- 1pm-3pm Free time
- 3 pm Dry land games
- 5 pm video
- 6 pm Dinner
- 7 pm Camp Meeting
- Free time
- 9pm lights out



**SUMMER CAMP COACHES:**

Jeremy Ueland- Coach

Paul Mannelin- Coach

Rick McGrath- Coach

TBA- Coach

TBA- Coach



**For any questions, contact Jeremy Ueland at [bigskysef@yahoo.com](mailto:bigskysef@yahoo.com)**