

2009 PENINSULA COMPETITION ALPINE RACE CAMP – 22nd ANNUAL!

PREFACE: Peninsula Competition proudly announces their 22nd annual Alpine Race Camp! Peninsula Competition Ski Race Camp offers a training program for novice through elite level racers with assistance in technique, tactics and refinement. The camp's main intention is to provide early season training and gate practice, with an emphasis on technique analysis and correction. Another objective is to have fun!

WHO: Camp is open to any male or female from beginning to elite class racer. Attendees must know basic ski maneuvers and be at an intermediate skier level or better. The camp is NOT intended for beginning skiers.

WHAT: Camp is set up with the student racer in mind. The emphasis is on Slalom & Giant Slalom training. Training groups are small for more individual attention. Camp pedagogy is closely aligned with the latest US Ski Team training philosophy. Daily timed NASTAR race fees are included along with published results! Evening clinics and lectures will be on ski preparation, tuning, waxing, and sports physiology, nutrition and psychology along with the latest in ski race movies and training videos. A highlight of the camp is always the "First Snow Criterion GS Camp Race". Activities include: snow soccer, fitness workouts, swimming at the hotel and a "pizza/movie night" out.

WHERE: Norway Mountain in Norway, MI provides dedicated training space for racers with the most 'racer centric' philosophy found anywhere! Lodging will be at the **America's Best Inn** in Norway. Breakfast and Dinner will be at the hotel and lunch will be at the mountain. The hotel has a swimming pool and hot tub.

WHEN: Departure is 12/26 at 6:00 AM from the HMS north parking lot (M59 & Milford Road). Please arrive at 5:30 AM to check in. Transportation will be by Blue Lakes Charter Bus. The first meal provided is dinner upon arrival at the hotel and the last is lunch before departing on the 30th. In-transit meals (2) are the racer's responsibility. We will stop once going up for lunch and once on the way back for dinner (fast food). ETA on the return trip is 9:00 PM on 12/30.

STAFF: Peninsula Competition Co-Directors are **Marty Neighbors** and **Paul Helm**. Coaches will include **Kerry Boone** and **Scott Hoose**. All coaches have been certified with the United Ski Coaches Association with a level 1 or higher rating. Assistant coaches are obtained as numbers dictate. Female racers are supervised by adult females on the trip. Coach rooms are lodged amongst the racers to help facilitate supervision and to help with any onsite problems.

REQUIRED EQUIPMENT: Bring your own skis, poles, boots and any items related to the tuning of your skis such as wax, files, irons and etc. Ski clothing for all types of weather is needed along with goggles. Helmets are required to race by both the Southeast Michigan Ski League (SEMSL) and the Michigan High School Athletics Association (MHSAA) and therefore also **required** for camp. Please limit luggage to **ONE** suitcase and **one SMALL** carry-on.

COSTS: The cost for the entire camp is **\$550.00**. This includes all charter bus transportation to and from Norway Mountain, any transfers, lodging and all meals as specified above. It also covers all lift fees, coaching, swimming, PM clinics, pizza/movie night, and official camp T-shirt and race awards.

MAKE ALL CHECKS PAYABLE TO: PENINSULA COMPETITION, LTD.

RESERVATIONS: Camp enrollment is on a first-reserved, fully-paid policy. A \$100.00 deposit is required to hold a reservation. Deposit deadline is November 10th. Final balance deadline is December 10th. Cancellation deadline is December 1st after which a \$50.00 administration fee will be withheld.

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