

2018 FALL CAMPS



Colorado Fall
Nov. 17-24
2018

We are excited to announce that we are traveling to Colorado for this seasons Fall camps. The ski areas are consistently 80-100% open during November, so the skiing should be excellent.

Camp size will be limited to 40 athletes. The camp will consist of 7 days of skiing including free skiing and drills. We will focus on Giant Slalom and Slalom. The basics, drills and full length courses will be utilized in our training. Daily video analysis, as well as electronic timing are some of the tools we use to help each athlete reach their full potential.

Dryland training will be held daily. Core-strength, flexibility and nutrition will be the focus for our off-snow program.

There will be daily mandatory study sessions for approx. 2 hours as well as time to rest, relax and tune ski equipment.

Camp cost does NOT include airfare.
Please note the following flights times:

Camp

Nov 17 MSP-DEN ARRIVE BEFORE 1:00PM.

Nov 24 DEN-MSP DEPART AFTER 3:30PM.

COACHES FLIGHT:

11/17/18 Delta Flt# 2508 MSP-DEN 11:45am-1:00pm
11/24/18 Delta Flt# 1609 DEN-MSP 4:29pm-7:35pm

PLEASE BOOK FLIGHT ON YOUR OWN.

Submit your flight itinerary with your registration by October 15, 2018. Equipment will be transported by TR2 team van & trailer.

ALPINE
TR²
SKI
RACING



Bill Marceau
Program Director-
FIS Coach



Pete Jones
Head U18-21 Coach

STAFF 2018

Our coaches are some of the best in the country. All are certified USSA coaches. Our experience ranges from the entry level racer all the way to the National Team. Some of our past athletes are now World Cup winners and Olympic champions. We have the experience and knowledge to make you a better ski racer.

SIGN UP SOON!

Fall GS/SL Colorado Camp 7-Day 11/17-24/18 Winter Park \$1695

Camp cost includes: coaching, housing, lift tickets, all meals and ground transportation. Cost DOES NOT include AIRFARE.

REGISTRATION DUE BY October 15, 2018

\$500 deposit due with registration

Balance due by Nov. 5, 2018.

Deposit refundable until 11/4/18 less \$100.

Daily Schedule

6:30am Wake Up
7:00am Breakfast
8:00am Load lifts
8:30am Training/free ski
12:00pm Lunch
1:00pm Training/free ski
3:00pm Hotel- required study
5:30pm Dryland
6:30pm Dinner
7:30pm Meeting/video/tuning
9:30pm Lights Out

2018 Fall Camp Registration

Please complete and return by mail, fax or email to:
Three Rivers Ski Team
5400 Opportunity Ct Suite 150, Minnetonka MN 55343

Phone 952-746-5261
bmarceau@northlandcredit.com

Name _____
Address _____
City _____
State _____ Zip Code _____

Home phone _____

Work phone _____

Cell phone _____

Email _____

Age _____ Male/Female circle _____

Years Skiing _____

Years Racing _____

Ski Team _____

USSA # _____

FIS # _____

Birthdate _____

Emergency Contact Info:
Name _____

Phone _____

Cell phone _____

Family Physician Info
Name _____

Phone _____

Credit card payment available for Visa, Master Card & American Express. Add'l fee for use of credit card.

Card number _____

Expiration date _____ Billing zip code _____

Security code on back (last 3 numbers) _____

Card holder signature _____

ASSUMPTION OF RISK, WAIVER AND RELEASE FROM LIABILITY

I understand and hereby acknowledge that alpine ski racing and dryland training are activities that involve known and unknown risks, including but not limited to, risk of personal injury, including disability and death. Acknowledging these risks and assuming responsibility thereof, I hereby apply to the 2018 Camp, and agree that I am solely responsible for my safety and agree to waive and release Three Rivers Ski Racing, Inc., Winter Park Resort and their Officers, Directors, Owners, Agents, Landowners, affiliated Companies, Employees and Independent Contractors and their successors and assigns from any and all claims, demands and causes of action whatsoever (including costs and attorney fees) in any way growing out of or resulting from participation in the 2018 Camp and the use of the Winter Park facilities. Further, as a guardian or parent, I give the representatives of the 2018 Camp permission to obtain medical aid for my child in the case of illness or injury. It is understood that every effort will be made to contact me if medical attention becomes necessary. It is understood that the camp does not provide medical insurance covering sickness or injury of any nature and participants must be covered by their own insurance policy.

Participant Name _____
Signature _____
Date _____

I agree as a legal guardian to the Participant to all of the above Waiver and Release from Liability provisions with respect to the Participant.

Parent/Guardian Name _____
Signature _____
Date _____
Insurance Co. _____
Policy # _____
Current Prescriptions _____

All of the coaches at Three Rivers Ski Racing are elite athletes and we know how important training is to your success as an athlete. Fall Camp is just part of our year-round training program. Weight training, aerobic conditioning, nutrition and sports psychology are the fundamental elements to a successful conditioning program. Daily video analysis is used to help you fine tune your technique and tactics. Timing is also used to help enforce what you are learning on the hill.

UPCOMING PROJECTS

Pre-Season training at Wild Mtn. through Thanksgiving

Xmas Camps at Hyland, Wild Mtn., Powder Ridge & Mt. Kato

THREE RIVERS RACING, INC
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952-746-5261
952-979-1590 fax

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