

UNIVERSITY OF COLORADO SKI TEAM
2012 SUMMER SKI CAMP
MT.HOOD, OREGON, August 6-10, 2012

Learn Racing Technique from the CU Ski Team 2011 NCAA National Champions.

As a camper you will have a unique opportunity for one-on-one coaching with best in the country. The University of Colorado Ski Team's 2012 Summer Ski Camp will continue this year again in a long standing tradition of CU Summer Ski Camps featuring Varsity Team members who serve as camp counselors. Over the course of the camp you will be able to improve your basic skills and be involved with the best skiers in this country. Daily video analysis will enable you to evaluate and correct your mistakes and to help you to improve upon your technique. You will be housed, in the beautiful area of Government Camp, where daily dry land training will help you to adapt to a new physical skills and methodology of training.

Ski Camp Information: *Open to any and all campers, limited only by the first 25 campers to submit their registration, campers should realize that this camp is designed for national rank ski racers who possess experience accordingly.*

Goal: *Repeat fundamentals of turn through edging, balance and gate drills. Apply the new skills in full length of course. We will concentrate on carving turns as well as improvement in timed runs.*

Departure: *Saturday, August 4, 2012, departure at 8:00am, Ski building in Boulder*

Travel: *By vans, estimate arrival at Cooper Spur, Sunday, August 5, 2012, 2:00 pm
For optimal travel comfort, please bring a sleeping bag.*

Lodging: *Inn at Cooper Spur (Hood River Meadows) Condominiums. Ph# (541)352-6692*

Cost: *Travel, Lodging, Meals, Lifts - \$1200.00. Deposit of \$500.00 to reserve spot by June 15, 2012.
Check payable to: CU Summer Camp. Mail to: Richard Rokos, CU Ski Team, Box 369,
Boulder, CO 80309. Pay balance upon arrival to Ski Building on Saturday, August 4, 2012.*

Equipment: *GS/Slalom skis + gear, Mountain Bike, Helmet + gear,
dryland wear, and swim suit*

If you have any questions please call Camp director, Richard Rokos at (303) 492-5402 or FAX (303) 492-3156

Schedule of training:	Monday, Aug. 6	<i>am – Free skiing pm - Mt. bike ride</i>
	Tuesday, Aug. 7	<i>am – Free Skiing-Drills pm - games, strength training,</i>
	Wednesday, Aug. 8	<i>am – Drills pm - Mt. bike ride, trip to Hood River for picnic</i>
	Thursday, Aug. 9	<i>am - Drills/ Timed runs pm - strength training, Mt. bike ride,</i>
	Friday, Aug. 10	<i>am – Timed runs pm - departure</i>

The new equipment testing will be a part of daily training.

Departure: *Friday, Aug 10, 2012 immediately after return from the mountain*

Arrival: *Saturday, August 11, 2012 between 2pm and 4pm at Ski Building in Boulder*

Please Note: *Dates are subject to change*