

Bittersweet Race training - January 5, 2020

Sunday: January 5th

Time - 10am -3pm (racer is responsible for their own lunch)

Cost - \$60 per racer- limited to first 50 racers

Lift - \$25

Meet at the ski school desk at 9:45.

Reservations - must have **signed form** by day of camp, call 694-2032 ext 4 or visit website

Our race camp is for ages 8 - 18. We focus on the fundamentals of current race technique as well as teaching the fastest line through a slalom and GS course. We have access to early race training terrain.

During your session, our coaches will help you to improve your ski racing skills by teaching you the fundamentals and correct technique required for success on a race course. Your goals will be assessed and a safe and successful progression will be planned for you to achieve the best results.

All of our coaches have strong coaching and skiing backgrounds and are passionate about their sport. Our coaches are here to teach you and enable you to achieve your goal. The day includes skiing/drills, skiing/racing technique, course tactics (fastest line) and race course training.

Coaches - Jeff Gregory, Jon McCrary, Craig Terza, Paul Sebastian, Bud Snyder, Ed McMullin, and others.

Release:

Ski racing is a sport with certain inherent risks, be aware of constant changes in slope and race conditions. Even with grooming, icy and bare spots may exist. Bittersweet will not accept responsibility for injuries while skiing or ski racing.

In consideration of my child's participation in the racing program, the undersigned, independently and collectively, and on behalf of himself and his child, and all those claiming by or through him or his child, consent to, and does hereby, discharge, release and hold harmless Bittersweet & Bittersweet Ski School, and its affiliates, its agents, servants, employees, assignees, successors and distributors from any and all claims, actions, losses, damages, or expenses for personal or bodily injury (including death), and property loss or damage incurred by you or your child or arising out of or in connection with your child's participation in the aforementioned racing program.

Parent or Guardian's

Name: _____

Signature: _____

Date _____

Racer Name: _____ age _____