



## BIG SKY EARLY SEASON MASTERS RACE CAMP

**NOVEMBER 16-22, 2023**

### WHAT YOU GET:

- Top-level coaching to jump start your ski season
- 3 days GS training: Free-skiing drills, gate training, line drills in gates
- 3 days slalom training: Free-skiing drills, progression through brushes, stubbies and gates
- Booster Strap and LEKI demos
- Daily video analysis
- Daily door prizes
- 6 nights lodging at the Huntley Lodge
- 3 meals/day
- 6 days lift tickets
- Apres-ski programs
- Awesome camp shirt
- Maximum participants: 24
- Maximum athlete-coach ratio: 8:1
- Camp proceeds support BSSEF's junior race program. Thank you!

### COACHING STAFF:



**Lisa Ballard, Camp Director:** Founder/director numerous ski and race camps. Currently ranked 2<sup>nd</sup> overall on the international (FIS) Masters circuit – 2023 SG Champ and alpine combined, 2<sup>nd</sup> GS, 5<sup>th</sup> SL. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 3X Canadian Masters Grand Champion. 33 years coaching experience. US Ski Team (1979-80). Dartmouth Ski Team (1980-83). Former ski analyst for ESPN and other networks; Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



**Jack Ballard:** M.A., M.Ed: 2023 National Speed Series class 7 champion, 4th overall men under age 65. US Ski and Snowboard certified coach, 8 years dedicated masters coaching at Red Lodge Mountain and Big Sky Resort. USSS-certified coach and official. Former university lecturer, including graduate courses in educational psychology and human learning. Chair, USSS Northern Division Masters. Member, US Ski and Snowboard Masters Working Group.

COACH #3: TBD

Sign up at: <https://bssef.com/>

## **SCHEDULE:**

**Wednesday, Nov 15:** Arrival and check-in.

**Thursday, Nov 16:** Morning free-skiing drills on slalom skis and brush courses. Afternoon video analysis. Chalk Talk: "Slalom tactics"

**Friday, Nov 17:** Morning slalom training (stubbies, full gates). Afternoon video analysis. Free evening.

**Saturday, Nov 18:** Morning slalom training (full gates). Afternoon video analysis. Coach's Panel: "How to Get Your Game Face On: Warming up physically and mentally on race day."

**Sunday, Nov 19:** Morning free-skiing drills on GS skis. Afternoon video analysis. Chalk Talk: "GS Tactics"

**Monday, Nov 20:** Morning GS training with emphasis on line. Afternoon video analysis. Free evening.

**Tuesday, Nov 21:** Morning GS training. Departure after lunch.

## **COST:**

**Double occupancy: \$2,645** (6 nights/6 days on-snow. Check out Nov 21.)

**Double occupancy: \$2,780** (7 nights/6 days on snow. Check out Nov 22.)

**Single occupancy: \$3,165** (6 nights/6 days on snow. Check out Nov 21.)

**Single occupancy: \$3,375** (7 nights/6 days on snow. Check out Nov 22.)

**Local's Special: \$1,685**

Full camp includes everything on site: 6 nights lodging (check in November 15; check out November 21), 3 meals per day, 6 days lift tickets, lane fees, coaching, video analysis, camp shirt, door prizes, Booster Strap and LEKI demos, and apres-ski presentations.

Check out option on Nov 22 (7 nights), includes 3 meals on Nov 21 and breakfast on Nov 22.

Local's Special includes everything on site, except only lunch and no lodging.

Note: Because Big Sky is not open to the public, season's passes and IKON passes are not valid during the camp. Only athletes and coaches allowed on the hill and only during assigned lane times.

At the request of Big Sky Resort and due to high demand, athletes must register for the entire camp. If you cannot participate in all 6 days, there is no price break.

## **CANCELTION POLICY:**

If BSSEF cancels the camp for any other reason, your camp fee is fully refundable, minus credit card processing fees (3%) if you paid by credit card.

If YOU need to cancel for any reason prior to October 15th, your camp fee is fully refundable, minus the 3% credit card fee processing fee if you paid by credit card. If you cancel on October 15<sup>th</sup> or later, your camp fee is refundable only if your spot is filled by another racer, less the 3% credit card fee.

Sign up at: <https://bssef.com/>

**LODGING:**



**Huntley Lodge:** Ski in/ski out. For a complete list of amenities, [click here](#).

Note: Big Sky Resort is closed to the public during the early season race camps. The Huntley Lodge is your only lodging option through the ski resort (and a very nice one).

**MEALS:**

Three meals per day are included for everyone staying at the Huntley Lodge. For locals, who are not staying at the Huntley, only lunch is included. Note: Restaurants at the resort will not be open during the camp, as the resort is not open to the public yet.

**MORE INFO:**

**Lisa Ballard**, Camp Director, T. 406-690-0190, lisaballardoutdoors@gmail.com

**Jeremy Ueland**, BSSEF Program Director, T. 406-579-7005, bigskysef@yahoo.com

Sign up at: <https://bssef.com/>



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