



## 2025 BSSEF MT HOOD SUMMER CAMP

BSSEF invites you to come train with us this summer/ 8 days on-snow

Mt Hood, OR

JULY 6-16, 2025

Session: Arrive July 6, SL- 4 days July 7-10, July 11 Day off, GS- 4 days July 12-15,  
Return home July 16, 2025

Who: U12, U14, U16, U19. Age appropriate Coaching

Cost: \$2750 with Transportation

Lodging: Mazama Lower Lodge (U12-U19 athletes)

\$500 Deposit due May 15, 2025

Send to- BSSEF PO Box 160134

Big Sky, MT 59716, email: [jeremy@bssef.com](mailto:jeremy@bssef.com)

Session Package Includes:

Transportation to and from MT Hood, 9 nights lodging Government Camp, 1 travel night lodging, 8 days Lift Tickets, On-hill coaching, On-hill Snacks, Dry land activities, breakfast/lunch/dinner in Government Camp Lodging,

Day off Activities- Deschutes rafting

Age Appropriate Coaching

### SUMMER CAMP COACHES:

Jeremy Ueland- Camp Lead    Aaron Haffey-Head Coach    Jess Lepel- Coach

Bridger Sullivan- Coach    Dan Henry- Coach    Wallace Casper-Coach

Additional Coaches- TBA



Emphasis on camp will be developing athletic stance and movement required in alpine ski racing. Time will be spent improving basic technique/tactics with free skiing and drills. New skills will be performed in technical drill courses, gate training and race simulation. Mid July is the perfect training month with 2616 feet of vertical free skiing and training space available for a well-rounded experience. Most of the major race ski and boot manufacturers are in Mt. Hood through Mid-July, so your athlete will have the opportunity to demo some of the latest equipment and purchase or pre-order equipment.



### **Typical Daily Schedule:**

5:45 am wake-up/Breakfast  
6:30am load the van  
7am first chair  
12pm training complete, load van  
12:30-1pm Lunch  
1pm-2:30pm Free time  
2:30 pm Dryland games  
5 pm video  
6 pm Dinner  
7 pm Camp Meeting  
9pm lights out

### **Dryland Activities:**

7/7- Government Camp Activity  
7/8- Twin Lake hike  
7/9- Welch's field activity  
7/10- Wildwood recreation site  
7/11- Day off Rafting  
7/12- Welch's field activity  
7/13- Government Camp Activity  
7/14- Wildwood recreation site  
7/15- Departure after skiing  
7/16-Return Home



**For any questions, contact Jeremy Ueland at [jeremy@bssef.com](mailto:jeremy@bssef.com)**