

# CMAC (Mt. Hood)

**July 6 Day (3 SL/3 GS) Camp July 13-18, 2015 (Arrive July 12)**

[Register Online Here](#)

**Contact: Alan Lauba, CMAC Director**

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**Camp cost:**

- OVERNIGHT CAMP (YOB 2002 and older) \$1350
- WALK-ON CAMP (YOB 2007 and older) \$145/day – no housing

**Overnight Camp:** Lifts, Lodging, Transportation, Coaching, Video Analysis, Dryland training, Van rental

- *Transportation from South Center available for early sign ups.*
- *Lodging at Collins Lake resort, **food not included**, units have kitchens. Coaches can attend dinner with younger kids if preferred by parents. Older kids can go out to dinner on own. Or all meals can be in the unit.*
- *Coaches will have separate bedroom in the kids units for supervision. We will have female coaches in camp to room with girls. Lodging option is limited to early sign ups.*

**Walk on camp** – Includes all activities above except Lodging/Van. Van rides to dryland training possible if we have room in the vans.

**Send release forms to:**

Crystal Mountain Alpine Club  
Attention: Camp Release Forms  
PO Box 52768  
Bellevue, Washington 98015-2768

**Arrival: 8:00 PM meeting July 12 @ Collins Lake Resort**  
Government Camp, Oregon.

**Skiing Dates: July 13,14,15 – GS, July 16,17,18 -SL**

**Return:** Depart 1:00 PM July 18

**Van Travel:** If you plan to ride in the vans on the way down, we will meet at the Northwest parking lot of South Center mall just east of the Bahama Breeze restaurant at 11:30AM on July 12.

**Camp Focus:** SL and GS Skills, SL and GS racing Skills. Also afternoon physical training, mental training information, video and visualization practice.

**Dryland Training Activities:** Please be prepared for dry land activities in the afternoon hours, which include Ultimate Frisbee, Soccer, Swimming, Physical training, Hiking, Etc.

**Staff** To include CMAC winter coaches and current College Racers. We look forward to providing the most updated and quality coaching and current racing technique

**Print the following and mail to CMAC:**

1. Registration Email Confirmation / 2. [Timberline 2015 Release](#) / 3. [CMAC Medical Release](#)
4. [CMAC Liability Release](#)

**Mail address:** Crystal Mountain Alpine Club / Attention: Camp Release Forms /  
PO Box 52768 / Bellevue, WA 98015