

CMAC (Mt. Hood) Walk-On

August Slalom Camp

August 1-4, 2013

[Register online here](#)

Contact: Alan Lauba, CMAC Director

Phone: 425-890-9812

Email: alan@cmacskiracing.com

Camp Cost: \$540 or \$135/day

Kids and parents stay on their own during this camp. I look forward to some great training. Camp is open to Racers 8 and Older (YOB 2005).

Send Payment to: CMAC (payable to CMAC)

PO Box 52768

Bellevue, Washington 98015-2768

Meet: 6:50 Am Each Morning at the Timberline Wyeast Lower Lodge

Skiing Dates: Aug 1,2,3,4

Includes: Lift Tickets, Lane/Equipment fees, Coaching, and Video Analysis.

Camp Focus: Carving, Balance and Slalom Skills.

Schedule:

Aug 1 -- Carving, Edging, and Balance skills

Aug 2 -- Carving with some gates

Aug 3-- Full SL gate training

Aug 4 -- Full SL gate training

Daily Schedule:

6:50 AM Meet

7:30 Ski

9:45 Juice Break on Hill

10:00 Ski

12:00 SL Training ends

3:00 Meet for dry land activities

5:30 Video Session (Collins Lake Resort)

What to Bring: Slalom ski gear, winter and summer ski clothes, sun screen, on hill snack/juice.

Print the following for and include with payment:

1. Registration Email Confirmation

2. [Timberline Release](#)

3. [CMAC Medical Release](#)