

CMAC (Mt. Hood)

July SL and GS Camp July 14-19, 2013

[Register Online Here](#)

Contact: Alan Lauba, CMAC Director

Phone: 425-890-9812 Fax: 425-644-6972

E-mail: alan@cmacskiracing.com

Camp cost:

- OVERNIGHT CAMP (YOB 2000 and older) \$975
- WALK-ON CAMP(YOB 2005 and older) \$135/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 Registration and Payment to: CMAC (payable to CMAC)

PO Box 52768

Bellevue, Washington 98015-2768

Arrival: 8:00 PM meeting July 14 @ Collins Lake Resort Building Q 87909

Government Camp, Oregon.

Skiing Dates: July 15-SL, 16-SL, 17-SL, 18-GS, 19-GS

Return: Depart 1:00 PM July 19

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 14.

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 one or more of our former CMAC US Ski Team Members and NCAA Division 1 Racers. We look forward to providing the most update and quality coaching and current racing techniques.

Print the following for and include with payment:

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