

2012 Masters Nationals Training Camp

The Park City Mountain Resort is offering a two day training project prior to the Masters National Championship races, on March 17 and 18.

Training will include daily sessions of SG, and GS or SL on the event venues, Payday Run and the Eagle Race Arena and free ski drills on the Mountain. Daily video review and sport specific presentations will also be included.

Daily Schedule- Friday social Pig Pen Saloon 4pm-at resort next to Rennstall

Saturday-

Sunday-

7-9 am	SG	Payday Run	7-9 am	SG	Payday Run
9-10	GS	Free Ski Drills	9-10	SL	Free Ski Drills
10-11		Video Review	10-11		Video Review
11-12	GS	Gates	11-12	SL	Gates
12-1		Lunch Break	12-1		Lunch Break
1-2:30	GS	Gates	1-2:30	SL	Gates
3-4		Video Review	3-4		Video Review

Presentations and social schedule -TBA

The goal is low volume/high intensity training, quality video review, the ability to familiarize with the venues and snow conditions and acclimate to altitude for those who live low. All of this within a fun and social environment! Project will be limited to first 32 registrations.

STAFF-

Project Director/Head Coach- Dave Galusha daveandsuegalu@gmail.com

Park City Masters Coaches- Bill Skinner, Don Sears, Bob Skinner

Guest Coaches Include- Former NCAA National GS Champion, Scotty Veenis and Former NCAA GS and SL Champion and World Junior DH Champion, Adam Cole

COST- \$300 lifts included, \$220 for those with a PCMR season's \$150 single day only if camp not full, available on line after Mar. 7 till space full.

To register, visit <http://www.parkcitymountain.com/MNTC>