



Pacific Northwest Ski Association

A Division of USSA

PNSA SL CAMP: PALMER GLACIER AUGUST 1 – 4, 2017

4 - Day Schedule:

July 31st: Arrive

- Arrive Monday between 4-6pm. Dinner at 6:30PM. Team meeting at 7pm.

August 1nd – 4th: Training

August 4th: Departure

- 2pm Departure after Friday's training, video and lunch

Criteria: U14-U19

- This camp is open to all PNSA U14-U19 athletes

Lodging, Meals and Lift Tickets

- Mazama Lodge will provide all meals and lodging
 - Bring your own sleeping bag and/or linens, pillow, towel and soap
- Athletes are required to stay with PNSA at Mazama Lodge
- All lift tickets included. If your athlete has a Timberline Summer Pass contact the PNSA office to subtract lift ticket price (\$68 a day; \$272 less for camp)

Transport

- All transport to mountain and dryland provided

Camp Venue

- Palmer Glacier at Timberline

Camp Content

- This camp will offer a 4 day SI progression that includes SL fundamentals, drill and full course progressions.

Staff

- Camp will be directed by Kent Towleron and other coaches from programs throughout PNSA.

Cost

4-day Camp \$795.00

What To Bring

- SL Gear, tuning equipment & vices, camel back, snacks, water bottles
- Dryland workout clothes and shoes