



# Pacific Northwest Ski Association

## A Division of U.S. Ski & Snowboard

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### **PNSA SL CAMP: PALMER GLACIER AUGUST 7 – 10, 2018**

#### **4 - Day Schedule:**

August 6<sup>th</sup>: Arrive

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

August 7<sup>th</sup> - 10<sup>th</sup>: Training

August 10<sup>th</sup>: 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, drills and full course progressions.

#### **Staff**

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

#### **Cost**

4-day Camp \$TBA – working on lane fees, ticket prices and staffing

#### **What To Bring**

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