

# 2011 FALL CAMPS



Colorado Fall  
Nov. 19-26  
2011

We are excited to announce that we are traveling to Colorado for this seasons Fall camps. The ski areas are consistently 90-100% open during November, so the skiing should be excellent.

Camp size will be limited to 25 athletes. The camp will consist of 7 full days of skiing including free skiing and drills. We will focus on Giant Slalom and Slalom. The basics, drills and full length courses will be utilized in our training. Daily video analysis, as well as electronic timing are some of the tools we use to help each athlete reach their full potential.

Dryland training will be held daily. Core-strength, flexibility and nutrition will be the focus for our off-snow program.

There will be daily mandatory study sessions for approx. 2 hours as well as time to rest, relax and tune ski equipment.

**Camp cost does NOT include airfare.**  
Please note the following flights times:

**Camp**  
**Nov 19 MSP-DEN ARRIVE BEFORE 2:30P**  
**Nov 26 DEN-MSP DEPART AFTER 5:30P**

**COACHES FLIGHT:**  
11/19/11 Delta Flt# 2108 MSP-DEN 11:15A-12:20P  
11/26/11 Delta Flt# 2008 DEN-MSP 5:45P-8:42P

**PLEASE BOOK FLIGHT ON YOUR OWN.**  
**Submit your flight itinerary with your registration by October 15, 2011**

ALPINE  
TR<sup>2</sup>  
SKI  
RACING



Bill Marceau  
Program Director



Pete Jones  
Head Coach

# STAFF 2011

Our coaches are some of the best in the country. All are certified USSA coaches. Our experience ranges from the entry level racer all the way to the National Team. Some of our past athletes are now World Cup winners and Olympic champions. We have the experience and knowledge to make you a better ski racer.

**SIGN UP SOON!**  
**SPACE IS LIMITED**

**Fall GS/SL Colorado Camp**  
**Camp 11/19-26/11 Winter Park \$1395**  
Camp cost includes: coaching, housing, lift tickets, all meals and ground transportation.  
Cost DOES NOT include AIRFARE.

**REGISTRATION DUE BY October 15**  
**\$500 deposit due with registration**  
**Balance due by Nov. 5, 2011.**  
**Deposit refundable until 11/5/11**

## Daily Schedule

6:30am Wake Up  
7:00am Breakfast  
8:00am Load lifts  
8:30am Training/free ski  
12:00pm Lunch  
1:00pm Training/free ski  
3:00pm Hotel- required study  
5:30pm Dryland  
6:30pm Dinner  
7:30pm Meeting/video/tuning  
9:30pm Lights Out

## 2011 Fall Camp Registration

Please complete and return by mail, fax or email to:  
Three Rivers Ski Team  
5400 Opportunity Ct Suite 150, Minnetonka MN 55343  
Phone 952-746-5252 –Pete 952-746-5261-Bill  
Fax 952-979-1590  
pjones@threeriversskiracing.com  
bmarceau@northland-financial.com

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Cell phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Male/Female circle

Years Skiing \_\_\_\_\_

Years Racing \_\_\_\_\_

Ski Team \_\_\_\_\_

USSA # \_\_\_\_\_

FIS # \_\_\_\_\_

Birthdate \_\_\_\_\_

Emergency Contact Info:  
Name \_\_\_\_\_

Phone \_\_\_\_\_

Cell phone \_\_\_\_\_

Family Physician Info  
Name \_\_\_\_\_

Phone \_\_\_\_\_

**CAMP-NOV 19-26,2011-WINTER PARK**

**Credit card payment available for Visa, Master Card & American Express**

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_ Billing zip code \_\_\_\_\_

Security code on back (last 3 numbers) \_\_\_\_\_

Card holder signature \_\_\_\_\_

\_\_\_\_\_

# ASSUMPTION OF RISK, WAIVER AND RELEASE FROM LIABILITY

I understand and hereby acknowledge that alpine ski racing and dryland training are activities that involve known and unknown risks, including but not limited to, risk of personal injury, including disability and death. Acknowledging these risks and assuming responsibility thereof, I hereby apply to the 2011 Camp, and agree that I am solely responsible for my safety and agree to waive and release Three Rivers Ski Racing, Inc., Loveland Resort, Winter Park Resort and their Officers, Directors, Owners, Agents, Landowners, affiliated Companies, Employees and Independent Contractors and their successors and assigns from any and all claims, demands and causes of action whatsoever (including costs and attorney fees) in any way growing out of or resulting from participation in the 2011 Camp and the use of the Loveland or Winter Park facilities. Further, as a guardian or parent, I give the representatives of the 2011 Camp permission to obtain medical aid for my child in the case of illness or injury. It is understood that every effort will be made to contact me if medical attention becomes necessary. It is understood that the camp does not provide medical insurance covering sickness or injury of any nature and participants must be covered by their own insurance policy.

Participant Name \_\_\_\_\_  
Signature \_\_\_\_\_  
Date \_\_\_\_\_

I agree as a legal guardian to the Participant to all of the above Waiver and Release from Liability provisions with respect to the Participant.

Parent/Guardian Name \_\_\_\_\_  
Signature \_\_\_\_\_  
Date \_\_\_\_\_  
Insurance Co. \_\_\_\_\_  
Policy # \_\_\_\_\_  
Current Prescriptions \_\_\_\_\_  
\_\_\_\_\_

All of the coaches at Three Rivers Ski Racing are elite athletes and we know how important training is to your success as an athlete. Fall Camp is just part of our year-round training program. Weight training, aerobic conditioning, nutrition and sports psychology are the fundamental elements to a successful conditioning program. Daily video analysis is used to help you fine tune your technique and tactics. Timing is also used to help enforce what you are learning on the hill.

## UPCOMING PROJECTS

Xmas camp DEC 26-30, 2011

## THREE RIVERS RACING, INC

5400 Opportunity Court Suite 150  
Minnetonka, MN 55343  
952-746-5261-Bill  
952-746-5252-Pete

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