



2021 Fall Fundamentals Camp

What: Four full days of on snow training in Colorado. The camp focus will be on getting athletes comfortable on their skis again and to initiate the season with strong fundamentals. This camp is an ideal for athletes attending Thanksgiving Camp who are looking to obtain a head start or for those that are not able to attend Thanksgiving camp. We will spend four days with both directed and undirected free skiing and skill development through drills, drills and more drills. Please plan to bring both slalom and giant slalom skis, as we will spend time on both.

Who: U10-U18 (2013 YOYB and older)

Dates:

Nov. 3rd, Wednesday – Arrival Dillon, CO by 7PM MST

Nov. 4th, Thursday – Full day on snow, Loveland

Nov. 5th, Friday – Full day on snow, Loveland

Nov. 6th, Saturday – Full day on snow, Loveland or Vail

Nov. 7th, Sunday – Full day on snow, Vail (depart DEN in evening)

Details: Athletes should travel with their parents or have a trip guardian. Everyone should plan to fly in on 11/3 and plan their own travel arrangements to Dillon. We have a block of rooms at the Comfort Inn & Suites in Dillon (please use the name Cheryl Mortvedt to reserve one of the reserved rooms in your name). We plan to ski Thursday through Sunday primarily at Loveland Ski Area but may ski at Arapahoe Basin or Vail for a day each. Each day will be used to the fullest on the hill. When booking travel please plan to arrive to Dillon, Colorado by 7PM MST. We will have a group meeting that evening to review our camp goals and schedule.

Staff:

Sydney Koop – Mad Alpine

Steve Mikkelson – Mt. La Crosse Ski Team

Additional staff will be added as needed.

Cost: \$800 for 4 full days on snow. Coaching and daily lift tickets are included. Registration will open Sunday, September 19th and will close October 10th. To register, please go directly to the registration site:

<https://madreg.sportngin.com/register/form/381554838>

Not Included:

- Plane ticket (you are responsible for your own ticket)
- All Meals
- Hotel
- Transportation

COVID: Anyone attending camp is required to self-monitor their symptoms daily. We ask that anyone with ANY symptoms does not attend camp. We will be following CDC guidelines throughout the camp. All athletes should have a facemask with them at all times and follow local guidelines.