



COLORADO EARLY SEASON MASTERS CAMPS

CAMP #1: NOVEMBER 12-16, 2024

CAMP #2: DECEMBER 1-5, 2024

WHAT YOU GET

- Top-level coaching to jump start your ski season
- Free-skiing drills to make you faster in gates.
- 2 days of GS training: Technique, line, tactics
- 2 days of slalom training with progression through brushes, stubbies and gates
- Daily video analysis
- Gifts and daily door prizes from camp sponsors
- Evening educational programs to help you go faster
- Maximum participants: 20
- Maximum 7:1 athlete-coach ratio.
- Awesome camp top!
- LEKI race pole demos

COST

Full Camp: \$1,450

Day Rate: \$290 per day

Camp tuition includes lift tickets, lane fees, coaching, daily video analysis, LEKI ski pole demos, door prizes and other sponsor gifts, camp tops, evening educational programs, and automatic entry into March drawings for Dalbello ski boots and FUXI USA race suit.*

Camp tuition does NOT include lodging, meals, or transportation. (See below for details.)

**Season passes and other lift tickets good at Loveland Ski Area are NOT valid for lane training.*

TO REGISTER CONTACT:

LISA BALLARD, CAMP DIRECTOR: lisaballardoutdoors@gmail.com
Tel. 1-406-690-0190

COACHING STAFF

BOTH CAMPS



Lisa Ballard, Camp Director: FIS Masters SG champion 2020, 2022, 2023. FIS Masters GS Champion, 2022. 2X FIS Masters age-group champion. 2nd FIS Masters Overall, 2022, 2023. 6X US Masters Skier-of-the-Year. 100+ US alpine masters titles (DH, SG, GS, SL). 3X Canadian Masters Grand Champion. 30+ years coaching experience. Former US Ski Team and NCAA Division 1 racer (Dartmouth). Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



Jack Ballard: M.A., M.Ed: 2023 National Speed Series class 7 champion, 4th overall men under age 65. US Ski and Snowboard certified coach, 8 years dedicated masters coaching at Red Lodge Mountain and Big Sky Resort. USSS-certified coach and official. Former university lecturer, including graduate courses in educational psychology and human learning. Chair, USSS Northern Division Masters. Member, US Ski and Snowboard Masters Working Group.

CAMP #1



John Pierce: FIS, NCAA D1, ASRA and Masters competitor with numerous titles; US Ski & Snowboard Coach with 25+ years coaching experience; director and coach at various clinics and camps; Lead Coach U16-19 and Director of Masters, Mount Peter Alpine Race Program; Former Head Coach, Mountain Creek; NJSRA Masters Representative. NJSRA Competition Committee Member.

CAMP #2



Andrew Mangold: USSS-certified coach. BS/MS, Colorado State University (CSU) in biomedical sciences. Member, CSU ski team. 2X All-Conference, 2nd team USCSA All-American, 2021-2022. Head coach, CSU 2020-2024. Masters coach, Eldora Mountain Ski Club, 2020. Member, US Alpine Masters Ski Team, 2020. 2019 US Alpine Masters SG Champion.

CAMP #1 SCHEDULE

Mon, Nov 11: Travel to Colorado.

Tue, Nov 12: Free-skiing and free-skiing drills. Video analysis. Chalk talk: Slalom tactics.

Wed, Nov 13: Free-skiing warm-up. Slalom drill courses. Video analysis. Chalk talk: Ski tuning for race day.

Thu, Nov 14: Free-skiing warm up. Slalom training. Video analysis. Chalk talk: Applying World Cup to masters racing (or not).

Fri, Nov 15: Free-skiing warm up. GS training with emphasis on line. Video analysis. Chalk talk: GS tactics.

Sat, Nov 16: Full-length GS training. Departure after skiing (by noon).

CAMP #2 SCHEDULE

Sat, Nov 30: Travel to Colorado.

Sun, Dec 1: Free-skiing and free-skiing drills. Video analysis. Chalk talk: Slalom tactics.

Mon, Dec 2: Free-skiing warm-up. Slalom drill courses. Video analysis. Chalk talk: Ski tuning for race day.

Tue, Dec 3: Free-skiing warm up. Slalom training. Video analysis. Chalk talk: Applying World Cup to masters racing (or not).

Wed, Dec 4: Free-skiing warm up. GS training with emphasis on line. Video analysis. Chalk talk: GS tactics.

Thu, Dec 5: Full-length GS training. Departure after skiing (by noon).

LODGING

The camp does not have a room block, but there are many hotels and short-term rentals around Silverthorne, Colorado. If you need assistance booking lodging, please contact Lisa Ballard.

CANCELATION POLICY

If the camp is canceled for any other reason, your camp fee is fully refundable less the credit card processing fee.

If YOU need to cancel:

- Prior to October 1, 2024: 75% refund, minus credit card fee.
- After October 1: No refund unless the camp is full and your spot can be taken by another racer, then 75% refund minus credit card fee.

MORE INFO

Lisa Ballard, Camp Director, T. 406-690-0190, lisaballardoutdoors@gmail.com

During this camp, you will work through the early season free-skiing drills that hone your technique (the stuff you can't fix in gates), then you will follow a progression in gates to lay the foundation for a faster race season ahead.

To see highlights from last year's camp, [CLICK HERE](#).

TO RESERVE YOUR SPOT, CONTACT LISA BALLARD

Tel. +1 406-690-0190 Email: lisaballardoutdoors@gmail.com

HOW REGISTRATION WORKS:

1. Contact Lisa by telephone, email or WhatsApp to say "I'm in!" (Email is best because Lisa needs your email for #2 below.)
2. Lisa will email you an invoice via PayPal for the camp deposit and a "Skier Profile" (registration form).
3. Your spot is reserved after you pay the deposit.

Thank You Camp Sponsors!

BOOTDOC
HOTRONIC



LEKI



A YOUR TURN Ski Event. It's "your turn" to have a great day on the slopes!