



Racer Ready for Life

Garceau GS Camp

For U16 Athletes

Date: February 10th - 15th, 2019

NSA coaching staff is offering a high- performance GS camp that includes five days of training at Mt. Garceau QC. Please join us for this exciting training opportunity and take advantage of the following:

- GS training on a full Nor AM run
- Low Athlete to Coach Ratio provided by our professional coaching staff
<http://www.nsa.on.ca/#/coaches/4547387353>
- Daily Video Analysis
- Dryland Fitness Program
- Camp report/evaluation

Cost: \$1,200

Includes: transportation, lift pass, coaching, accommodation and meals

Contact: Cindy Hayhurst Tel. 705 444 1617 Email info@nsa.on.ca

Space is limited, to guarantee your place a \$500 deposit is required by February 1st, 2019

**The National Ski Academy is proud to be supporting
Canadian Alpine Ski Racing**