



Racer Ready for Life

U16 & FIS Whistler Spring Camp

May 11 – 20, 2019

Join members of the NSA U16 & FIS teams and their coaches at Whistler for the opportunity to work on fundamental skiing skills after a season of high volume when it is easier to train muscle memory for future success, get back to basics, review fundamentals, get used to next year's ski radius and enjoy big mountain skiing.

Please join us for this exciting training opportunity and take advantage of the following:

- 8 days of big mountain free-skiing, drills and training in Whistler Low athlete to coach ratio provided by our professional coaching staff
- Daily video analysis utilizing Sprong accounts for individual feedback
- Dryland Fitness Program
- Camp report/evaluation

Cost: \$3,250

\$2,700 (without flight)

Includes: flight, transfers, lift pass, coaching, accommodation and meals (overweight and/or extra bags excluded)

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

Space is limited and as accommodation, flights and coaching staff must be arranged well in advance of the camp, a \$750 non-refundable deposit is due with all registrations before March 20, 2019.