



*Racer Ready for Life*

# U16 & FIS Spring Camp

**May 9 – 17, 2020**

Join members of the NSA U16 & FIS teams and their coaches 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:

- 7 days of big mountain free-skiing, drills and training (location TBD based on conditions)
- Low athlete to coach ratio provided by our professional coaching staff
- Daily video analysis utilizing Sprongo accounts for individual feedback
- Dryland Fitness Program
- Camp report/evaluation

**Please contact the office for cost**

**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](mailto: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 upon registration.**