



Mt. Mansfield Ski and Snowboard Club

MMSC 2012 Fall Training Camp

Dear Athletes,

The MMSC Fall Training Camp at Vail, CO is an important start to the Winter season and is **essential** for all serious MMSC alpine athletes looking to compete successfully at the elite level. Vail offers some of the most challenging Rocky Mountain terrain and best Fall skiing in the world. We will train SL and GS in MMSC designated lanes alongside many national teams. Our focus is to ingrain a solid foundation of fundamental skills, built during the Summer, into the season's training. With the racing season around the corner, we will increase the intensity of training and emphasize speed. Included in the trip will be a day to watch a World Cup race and catch up with MMSC alums currently on the US Ski Team. In past years, the Fall Training Camp combined with the Summer Training Camp has provided invaluable training and inspiration, preparing the athlete for a season of racing accomplishment.

The camp is open to all MMSC athletes and is necessary for all serious racers.

Looking forward to seeing all of you in Vail!

Sincerely,
Igor

Vail, Colorado USA

Dates: November 23 - December 4, travel dates are November 23 and December 4

Cost: \$3000. All Inclusive

Ages: Open to all MMSC athletes

Departure: Burlington, VT

Arrive: Denver, CO

Lodging: The Manor Vail

Description:

10 days of dependable SL and GS training with an emphasis on reinforcing fundamentals and building speed. After full days on the mountain, dryland training will consist of maintenance work and games in the afternoons. Evenings will include video analysis and supervised study hall.

Registration:

Submit all forms (3) completed with full payment of \$3000. before September 25.

Send to:

MMSC
2012 Fall Training Camp
403 Spruce Peak
Stowe Vermont 05672

MMSC 2012 Fall Training Camp

Registration Form

I, (full name as in passport) _____

would like to register my child (full name as in passport) _____

Age _____ to participate in the MMSC 2012 Fall Training Camp, Vail, Colorado USA

I understand that the submission of this signed form is binding and commits us to the payments and deadlines stated on the Introduction Page.

Mailing Address:

Street _____

City _____ State/Zip _____

Phone (home) _____

Phone (work) _____

Cell _____

Email _____

Signed _____

Date _____

MMSC 2012 Fall Training Camp

Medical Form

Athlete's Name: _____

Mailing Address:

Street _____

City _____ State/Zip _____

Home Address:

(If different from above) Street, Town/City, State, Zip

Street _____

City _____ State/Zip _____

Phone (home) _____

Phone (work) _____

Cell _____

Email _____

Parent's Full Name:

Father _____ Mother _____

Athlete's Information:

Age _____ Weight _____ Height _____ Birthdate _____ USSA or USASA# _____

Medical Authorization

Daytime Phone:

Father _____ Mother _____

In emergency if parents can not be contacted:

Name _____ Phone _____

Family Doctor _____ Phone _____

Name of Insurance Carrier _____

Group or Policy # _____ Member # _____

Allergies _____ Preferred Hospital _____

Date of Last Tetanus Shot _____

I agree that if _____ (name), my son/daughter, is injured and requires medical attention, that I grant to the Mt. Mansfield Ski & Snowboard Club the same rights that I have as a parent to obtain medical attention until such time as a parent(s) is notified. I also agree to pay for all expenses incurred.

Parent or Guardian Signature/Date

(Please submit a copy of this form for each of your athletes attending the camp. Thank you.)