

FOR IMMEDIATE RELEASE:

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### **MASTERS SKI RACING SATURDAY PROGRAM 2008-2009**

Stowe, VT, 11/1/08 — MMSC will once again be offering Masters ski race training on Saturday mornings. The program will run from 8AM to 12:30 every Saturday from mid December through the end of March. This program is designed for all ski levels: the wannabe racer, the has been racer, parents looking to keep up with their junior racers, and anyone interested in improving their free skiing technique are all welcome.

Brennan McCleary, at PSIA Level III certified instructor provides the coaching. Training days begin with free skiing on the main mountain and includes drills designed to improve all aspects of skiing. At 9:30 training moves to Spruce Peak with 2-3 hours of slalom or GS gate training with specific emphasis on bringing the day's drills into the race course. Other special training programs will include:

- Video analysis
- Special guest coach days with several of the MMSC coaches
- Dry land training seminar with James Karavich, a well-known and highly respected sports physiologist.
- Sports psychology session with Barbara Anne Cochran, former Olympian and gold medal winner.
- Demo days with ski reps, and an opportunity to try new race skis.

We would like to emphasize this program is tailored to all levels, from adults who have never raced to those competing on the NE Masters circuit. The only prerequisite is a love for skiing and a desire to improve!

Cost for the season is \$350. Individuals can also sign up for single Saturday sessions at \$35 per session. All participants must be members of the MMSC club.

If you have any questions please call Peter Cataldo at 802 985-9087 or Igor Vanovac at 802 253-7704

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