



World Class Race Camp

December 7-9, 2012

Thursday, December 6th

4-6pm Camp Registration Jackson Hole Sports (Rental Shop)

Friday, December 7th

Day 1: Welcome to Jackson Day 1- Racing Fundamentals

8am Late registration Mountain Sports School Bridger Center
9am Groups meet on snow for the day Load Teewinot Lift
9:-12pm Fundamentals of Racing, Drills for Faster Racing
12: – 1:00pm Lunch / Video Analysis
1:00- 3:15pm Continued Ski and Gate Training (conditions permitting)
3:15pm Video Analysis

Saturday, December 8th

Day 2: Refined Technique

9am Groups meet on snow for the day /Load Teewinot Lift
9:00am Refined Technique and Drills
12: – 1:00pm Lunch / Video Analysis
1:00- 3:15pm Continue Ski and Gate Training (conditions permitting)
3:15pm Video Analysis

Sunday, December 9th

Day 3: Race Day

9:00am Groups meet to Load Teewinot Lift
9:30- 10:00am Course Inspection
12 – 1:00pm Lunch
1:00-3:30pm Ski with coaches
3:30pm Race Results and Race Video

****SCHEDULE SUBJECT TO CHANGE**