

Mammoth Masters Camp

Nov. 26-30, 2013

The Mammoth Mountain Race Department will be holding a masters training camp the week prior to the first Far West Masters races on the weekend of Dec. 1-2. Come by the day or for the full week, as your schedule permits.

All participants should check in at the Race Department office to register and pay for the training sessions. (MRD is located in the building just west of the Main Lodge and the base of Broadway Express Chair 1 lift). Contact the Race Department if you have any questions or to let them know when you'll be attending :

phone: 760-914-0348

email: racedepartment@mammoth-mtn.com

Details

This is a week long camp geared towards the serious racer. Get ready for the competition season and the opening weekend of the Far West Masters race series. Giant slalom & slalom drills, progressions and gate training, including video analysis and timed training runs. Monday-Friday, 4 hours daily.

This year we are offering per day attendance, you pick and choose which days you want to train. Coaching cost is \$70 per day (does not include a lift ticket). For discounted lodging call 800.Mammoth and mention "Masters Race Camp Week November 26-30, 2012".

We will be running Giant Slalom on Monday and Tuesday followed by Slalom on Wednesday and Thursday. Friday will be a combination of both Giant Slalom and Slalom.

Schedule

Monday meet at 9.30 in the west room at main lodge

~~Free ski from 9.30 till 10.30~~

GS training on ADG from ~~11am~~ **9:30am** till 1.30 pm [*revised schedule*]

Tuesday GS from 8.30 till 12.30

Meet at super sign 8.15am

Wednesday SL from 8.30 till 12.30

Meet at super sign at 8.15am

Thursday SL from 8.30 till 12.30

Meet at super sign at 8.15

Friday GS and SL

From ~~8.30am till 10.30am~~ **9am to 11am** [*revised schedule*]

From ~~1.30pm till 3pm~~ **12:30pm-2:30pm** [*revised schedule*]

Meet on ADG we will have GS and slalom set.