



5 day race training camp!

Coaches

Dan Curtis

And or the following:

Jack Hickey

Emily Evans

Alex Green

Easter and Whitsun is an ideal time to prepare for the forthcoming summer season! To help with this, we will be running two 5 day race training camps. The areas which will be focused upon are:

- Basic fitness
- Technical free skiing
- Gates
- Race preparation.

The camps will take place at Brentwood Ski Slope, with ideal access to fitness facilities.

Qualified coaches, first aiders and gym instructors present at all times!

Dates and times:

Easter- 5th to 9th April 2010

Whitsun- 31st May to 4th June 2010

10.30 am to 4.30 pm

Prices

Daily: £35

Minimum 2 days!

5 days: £160

Booking and Information

Contact Dan Curtis:

eskiracing@fsmail.net

Mobile: 07539 468561

Limited spaces available!

Athletes must be able to ski in a controlled manor. Athletes must be 8 to 16 years of age.