

2023 DUST-THE-RUST-OFF MASTERS CAMP

PRESENTED BY



Come to Red Lodge Mountain and GET READY TO RACE!!

DECEMBER 10-13, 2023 (TRAINING) / DECEMBER 14-15, 2023 (GS/SL)

WHAT YOU GET:

- Slalom training technique and tactics
- GS training line and technique
- FUXI gift bag
- Free-skiing drills
- Daily video analysis
- Apres-ski social events
- · Daily door prizes
- Demo race poles from LEKI
- Evening educational programs to help you ski faster

- Maximum 8:1 Athlete to coach ratio
- Maximum participants: 40 per day
- US Ski & Snowboard-sanctioned masters races (GS/SL) at the end of the camp
- Proceeds from the camp support the Silver Run Ski Foundation. Thank You!

Sign up at <u>SilverRunSki.com</u> under "Masters" Registration opens at 7:00 a.m. on September 1, 2023

COACHING STAFF



Lisa Ballard: Camp Director. 3X FIS Masters SG champion. 2022 FIS Masters GS champion, 2X FIS Masters age group champion. 2nd Overall FIS Masters Cup, 2023, 2022. 6X US Masters Skier-of-the-Year; 100+ US alpine masters titles (DH, SG, GS, SL); USSS and PSIA-certified coach; 30+ years coaching experience; Former US Ski Team, Dartmouth College and pro racer. Author, *Ski Faster! Guide to Racing & High Performance Skiing*.



Pam Tucker-Kopp: Silver Run Head Coach. Former program coordinator, alpine head coach, U16 Coach, Bogus Basin Ski Educational Foundation. 16 years coaching experience. US Ski & Snowboard Level 200 Coach. Technical Delegate. Former Rocky Mountain College (USCSA) racer. Former Silver Run Athlete. Red Lodge native. Degree in physical education.



Jeremy Wolf: Silver Run Coach Assistant Head Coach. 6 yrs on Silver Run coaching staff. Former FIS-level racer. USSS-certified coach. Has also coached at Schweitzer and at Rocky Mountain College (multi-time USCSA national champs). Lecturer in creative writing at Rocky Mountain College.



Mark Selby: USSS Level 200 and PSIA Level 2 coach. 26 years coaching experience. 20 years Silver Run Coach, all ages/abilities including U8, including FIS and Masters athletes; ski gear + tuning guru. Fishing guide in off-season.



Jack Ballard: Coach, Silver Run Masters Program. Former director, Big Sky SEF Masters Program. USSS-certified coach. PSIA-certified instructor. Chair, Northern Division Masters. 14 years national and international masters competition; 3rd place overall, 2018 National Speed Series, Class 7. Former college instructor, graduate and undergraduate courses in human learning.

SCHEDULE:

Saturday, Dec 9: Welcome reception/camp check-in, 6pm-8pm, Roosevelt Center, 219 S Broadway. Appetizers provided by Silver Run Ski Club.

Sunday, Dec 10: SL free-skiing drills (morning). SL progression – brushes, stubbies, gates (afternoon). "Social Night" - dinner at private homes around town.

Monday, Dec 11: SL training continues (morning/afternoon). Apres-ski chalk talk: "Finding the Fast Line".

Tuesday, Dec 12: GS free-skiing drills (morning) GS training with line drills (afternoon). Apres-ski appetizers compliments of Silver Run Ski Foundation, 4-6pm.

Wednesday, Dec 13: GS training (morning). GS timed runs (afternoon). Evening program by Zoom: "New Ski Racing Rules You Need to Know!"

Thursday, Dec 14: US Ski & Snowboard masters GS race.

Friday, Dec 15: US Ski & Snowboard masters SL race (morning). Afternoon departure.

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COST:

Only \$520!

Camp tuition includes your race entry fees.

Camp tuition does <u>not</u> include transportation, lift tickets, lodging and a US Ski & Snowboard (USSS) masters license. A USSS license is not required to participate in the camp, but it is required to enter the races. If you are not a member of USSS, the camp staff can assist you in joining USSS (recommended if you are planning to go to additional masters races this winter) or obtaining a one-day "short-term license".

Discount for Silver Run Masters Members:

Your 2023-24 club membership must be paid prior to camp registration to receive your discount:

Multi-day + 2-day memberships: \$420 1-day memberships: \$470

CANCELATION POICY:

10% Cancelation fee prior to November 1, 2023. After November 1, 50% cancelation fee and only if we can fill your spot!

LIFT TICKETS:

Red Lodge Mountain offers discounted multi-day lift tickets which can be purchased at the ticket window or cheaper in advance online at RedLodgeMountain.com. Pricing also gets cheaper as you get older, starting with Seniors (ages 65-69) and Super Seniors (ages 70+).

RECOMMENDED LODGING:



The Pollard Hotel: Historic hotel in the heart of Red Lodge. 30% off published room rates. Rates vary by room. Full breakfast available in Marli's at 7am, except Tuesday and Wednesday. Breakfast is not included in room rate. Rooms are first come, first served based on availability. This offer is good through the camp. Book on-line at https://hotels.cloudbeds.com/reservation/Nw3DWC?allotment_block_code=b790301#checkin=2023-07-24&checkout=2023-07-25

Group Code: SILVER



The Yodeler: Motel-style lodge, close to ski area access road. \$125+tax per room per night. Mention "Silver Run Ski Team" to get the rate. **Room block ends November 9, 2023!** https://www.yodelermotel.com/

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*NEW! REGISTRATION SYSTEM:

The Dust-the-Rust-Off Camp typically fills within a minute or two after the registration portal opens. If you do not get into the camp, please continue to the waitlist for three reasons:

- 1. There is no obligation or charge to be on the waitlist.
- 2. We usually clear a few people from the waitlist into the camp, as cancelations inevitably occur.
- 3. Starting this year (2023), if you have been waitlisted for 2 consecutive years, you will have an "early bird" opportunity to register for the camp prior to September 1 in year 3.

MORE INFO:

Lisa Ballard, Camp Director, T. 406-690-0190, lisaballardoutdoors@gmail.com Vanessa Selby, Program Director, Silver Run Ski Club, T. (406) 208-1875, silverrunski@gmail.com

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Additional camp sponsors include:



















