

SKI MK RACE TEAM

Ski MK Race Team was founded in 2000, and was the UK's first ski racing club to train regularly on indoor snow.

The Ski MK Race Team provides quality coaching and an opportunity to train on indoor snow on the longest slope in Southern England.

The club aims to develop ski racers of all ages and experience, and the age range of our racers spans over 50 years! It has attracted many of the country's top young ski racers, including several national age group champions.

Members compete at all levels, ranging from friendly races on artificial slopes in the UK, to national and international races abroad.

We have an experienced team of highly qualified race coaches led by Olympian Ross Green.



Camp Dates

26 th to 29 th July	Learn to Race
2 nd to 5 th Aug	Advanced Race Camp
9 th to 12 th Aug	Skier/Boarder Cross
16 th to 19 th Aug	Advanced Race Camp
23 rd to 26 th Aug	Learn to Race

SKI MK RACE TEAM

c/o Liz Behnke
6 Church View
Moulton
Northants
NN3 7FZ
Phone: 01604 670222
E-mail: syzygy@syzygyleisure.co.uk



SUMMER SKI and BOARD RACE CAMPS

July and August
2010





Ski MK Race Team Summer Race Camps - 2010

Do you want to find out what it is like to ski a slalom course, or may be you have raced before and want to improve your skills?

Did you watch the ski cross and boarder cross events at the Olympics in Vancouver, and want to have a go?

Ski MK will be running a series of four day race camps during the summer holidays and this is your chance to get involved.

We will be running three different types of camps:

- Learn to Race Camps**—this is aimed at people who can ski confidently, but may not have done any racing, or have limited race experience. The aim of the week will be to develop technique and introduce people to skiing gates. Afternoons will be a mixture of fun activities away from the slope which could include bowling, fitness, climbing etc
 You must be able to use the lift confidently, Ski in parallel on blue runs, (under 9's must have skis in parallel by the end of the turn).
- Advanced Race Camp**—These camps are aimed at the more experience racer who are familiar with skiing gates. These weeks have been timed to link up with the indoor race programme and will develop race technique. The afternoons will be dry land fitness training. You should be a member of a ski race club, or be able to demonstrate previous experience of racing.
- Ski/boarder cross**— Using berms, kickers and rollers this will be a fun filled week where you will learn the skills of ski and boarder cross this will include developing jumping, racing a course and general skill development. You must be confident in skiing parallel or linking turns on a board.

The afternoons will include a variety of activities away from the slope which may involve fitness training, as well as other activities such as bowling.

General Information

Our camps will start at 8.30am (8am for the Advanced Race Camps. There will be a midmorning break with snack and a drink, lunch will be provided for those choosing to stay for the whole day, followed by activities in the afternoon which will finish at 4pm. Video analysis may also be used. We will finish each week with a race.

Costs and Booking

People can choose whole weeks (4 days), or individual days, with half days (slope time only and no lunch) as an option

The cost for the camps is as follows:



	SMK member	Non-member
Weekly price (4 days)	£195	£240
Full Day	£55.00	£65.00
Half Day	£45.00	£55.00

Please indicate which week(s) you wish to book, complete the personal details along with a cheque made payable to Ski MK Race Team and send to the address overleaf. Further details will be emailed to you. Limited places are available so you are urged to book by 26th Jun.

SMK reserves the right to cancel any advertised sessions, or refuse attendance if minimum standards are not met.

23 rd to 26 th Aug	16 th to 19 th Aug	9 th to 12 th Aug	2 nd to 5 th Aug	26 th to 29 th July		Week	Day(s)				Mornings only			
							M	T	W	Th	M	T	W	Th
Learn to Race Camp	Advanced Race Camp	Skier/Boarder Cross Camp	Advanced Race Camp	Learn to Race										

Name of Participant

Address.....

EmailPhone.....

AgeBoarder Skier