

CMAC GS / Carving Walk On Camp

Camp Location	Mt. Hood, Oregon
Camp Dates	Saturday, July 26, 2008 - Wednesday, July 30, 2008 (ski dates) <ul style="list-style-type: none"> • July 26 - Carving, Edging, and Balance Skills • July 27 - Carving with Some Gates • July 28 - GS Courses and Drill Courses • July 29 - Full GS Gate Training • July 30 - Full GS Gate Training
Camp Costs	\$625 (includes lunch and dry land training) <ul style="list-style-type: none"> • \$125 Deposit due immediately to reserve spot. • \$500 Balance due July 1st
Forms Required	Code of Conduct, Medical Release, and Timberline Release
Send Deposit & Forms	CMAC (make checks payable to CMAC) PO Box 52768 Bellevue, Washington 98015-2768
Questions??	Alan Lauba, CMAC Director Phone: 425-890-9812 // E-mail: cmacski@aol.com
Camp Includes	<ul style="list-style-type: none"> ✓ Lift Tickets ✓ Lunch ✓ Coaching ✓ Video Analysis ✓ Dry Land Training (July 26-July 28)
Daily Schedule	<ul style="list-style-type: none"> ✓ 6:40AM - Timberline Lower Lodge to pick up lift ticket ✓ 7:00AM - Load lifts - warm up / drill training ✓ 9:45AM - Juice Break on hill ✓ 10:00AM - Training ✓ NOON - Training ENDS ✓ 12:15PM - Lunch ✓ 12:45 - Video ✓ 2-3:00PM - Demo Shops ✓ 3:30PM - Dry Land Training (July 26-July 28)
Dry Land Activities (July 26-July 28)	Please be prepared for dry land activities in the afternoon hours, which include Ultimate Frisbee, Soccer, Swimming, Physical Training.
Staff	To include one or more of our CMAC US Ski Team Members
Kids and parents stay on their own during this camp.	