

# Ski

# Team Gilboa Summer Camp

## Early Summer Ski Camp 2010

Team Gilboa early Summer Camp sessions will be held at Mt. Hood, Oregon on the Palmer Snowfield. We're looking forward to focused training, staying at our well-known Boy Scout Lodge and building the life long memories only a camp like this can offer.

Back by popular demand, we're staying at the Aubrey Lodge on the White River. We're very excited to return to our loved rustic site tucked in the woods with Mt. Hood as a backdrop. The secluded location of our lodging removes the distractions of un supervised activities of Gov't town and provides an unmatched opportunity for team bonding, athletic challenge, personal growth, and good-natured fun with 24 hour adult supervision. It's an atmosphere that allows us to take full advantage of our opportunity to discover new boundaries in our athletes' achievements.

## Training

Team Gilboa's on-snow training blocks are the most effective balance of skiing with proper rest days. Our dryland conditioning activities after skiing and on our days off will focus on enhancing recovery and preparing the athletes to make the most of the training experience.

## Features

- Daily video sessions and analysis
- Low athlete-to-coach ratio
- Competitive pace skiers
- Dryland activities using the unique area surrounding our lodging facility: hiking, swimming, running, unstable conditioning platforms.
- Evening meetings on technique, tactics, race preparation & conditioning.
- Equipment tuning clinics
- Individualized DVD with personal training runs for further study.
- 2009 commemorative Summer Camp Shirt.

Find us on the web:  
[www.teamgilboa.com](http://www.teamgilboa.com)

## The Team Gilboa Philosophy

Our mission is to help young men and women achieve their goals and become successful individuals through participation in alpine ski racing.

## Camp Schedule / Travel

### Session 1 – June 13 – June 23

June 13 – **Travel Day**  
Arrive PDX NO LATER THAN 4:00 PM??  
June 14 – 16 Training on-snow  
June 17 – Recovery  
June 18 – 22 Training on-snow  
June 23 – Return **Travel Day**  
DEPART PDX NO EARLIER THAN 6:30 AM

### Session 2 – June 24 – June 30

June 24 – **Travel Day**  
Arrive PDX NO LATER THAN 4:00 PM??  
June 24 – 29 Training on-snow  
June 30 – Return **Travel Day**  
DEPART PDX NO EARLIER THAN 6:30 AM

### Session 1 & 2 – June 13 – June 30

June 13 - **Arrival Travel Day**  
Arrive PDX NO LATER THAN 4:00 PM  
June 30 - **Return Travel Day**  
DEPART PDX NO EARLIER THAN 6:30 AM

## Team Gilboa Staff

Team Gilboa summer staff will include Director David Samuels, Head J12/FIS Coach Scott (Scully) Skavanger, Peter Maxwell, Dylan Bryant, visiting program coaches & pace skiers.

## How to Register

Payment and registration will both be online. Please visit our website for additional medical release forms, code of conduct, and Timberline's release agreement.

## Payment methods

Please see our website for credit card or cash payment via online registration forms.

## Code of Conduct

Athletes and parents will be required to read and sign our "Code of Conduct" agreement. Violation of our code of conduct or serious misbehavior will result in the immediate return home of the individual athlete at their own cost.

## Key Information

**Lodging:** Team Gilboa will be lodging in the rustic Aubrey Lodge located next to the White River. The building is owned and used by the Boy Scouts during winter months. Team Gilboa equips the lodge with Big Screen TV's, several video analysis stations, indoor tuning facility, physical conditioning equipment and ping pong tables for the annual challenge.

**Food:** Meals will be prepared on-site by our camp chef Kelly Hanlon. Breakfast, post-skiing snack and dinner will be served daily at the lodge. Lunch meals will be prepared and carried on hill by the athlete (brown bag style). We feel it's extremely important that the athletes are allowed to eat as much healthy food as they wish.

**Transportation:** Transportation will be provided to/from Portland International Airport (PDX) on official travel days of June 13, 23, 24 and June 30.

## Camp Dates & Fees

### Team Gilboa Members

Session 1 June 13 - 23 **\$2295**  
Session 2 - June 24 - 30 **\$1495**  
Sessions 1&2 - June 13 - 30 **\$3650**

### Team Gilboa non-members

Session 1 June 13 - 23 \$2445  
Session 2 June 24 - 30 \$1645  
Sessions 1& 2 June 13 - 30 \$3800

(\$100 late fee for payments after May 28th)

## Discount \$100.00

**Register & Pay by April 15th**, 2010 to receive \$100.00 discount. We will close participation at 30 athletes to assure a high quality experience.

**(\$100.00 additional fee for payments after May 28, 2010)**

## Contact information

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Director - Team Gilboa

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