

Team Gilboa

Thanksgiving Camp 2008

Loveland Ski Area, Colorado

What

Six days of early on-snow training at Loveland, Colorado focusing on fundamentals of ski racing. SL and GS directed and undirected free-skiing skill development. Six days of private lane training space with a progression of fundamental drills with brushes, stubbies and ending with tall gates. Video analysis and directed study hall daily.

When

Nov. 22 – 29th or 30th

Skiing Days: Nov. 23, 24, 25, 26, 28, 29 (Subject to change based on conditions)

Lodging

Best Western Lake Dillon Lodge in Frisco, CO.

Ph# 800 727-0607 Wireless Internet and tuning room available.

Travel Options

1. Fly Round Trip: Team Gilboa will pick-up & drop-off athletes with arrival times matching below.
(athletes are responsible for booking flights at additional cost)
 - **Depart: 11/22 NWA #561 MSP to DEN 9:10am - 10:15am**
 - **Return: 11/29 NWA# 562 DEN to MSP 6:48pm - 9:42pm**
2. Ride Round Trip: 15 passenger Vans at additional cost below. This includes an extra overnight hotel stay during the drive home. Van will arrive in Mpls. Sunday 11/30 late afternoon to early evening. Each Van will have at least two adult drivers. **Vans will depart from Mpls Saturday 11/22 at 6:00 am. Meeting location TBD.**

Who

30 athletes maximum, on first come, first served basis. This camp targets motivated J1-4 athletes who want a jump on early-season training. Sign-up online at www.teamgilboa.com

Why

Athletes will develop a solid base of fundamental skills to strengthen their overall skiing. Athletes that attend this camp will have the advantage of full-length courses prior to the start of early season racing in Minnesota Dec. 6th. This is a great time to get your boots fitting right and other equipment adjustments. A professional boot fitter is available in the area at an additional cost.

Staff

Scully, David, DJ, Derek, Judy, Scott, Charlie, plus pace/helpers.

Camp Includes

- Lodging
- Breakfast
- Brown bag Lunch
- Lift tickets
- Coaching
- Daily video
- Team Wax / tuning rooms
- Private Lane space
- Ground transport to and from Denver airport.
- Ground transport to and from ski area daily.

Not included

- Round-trip transportation cost Minneapolis / Denver
- Dinners during the camp: Grocery store is next to the Hotel, several restaurants near by.
- Meals during travel days

What to Bring

- SL & GS skis & poles
- Tuning equipment
- Ski & workout clothing, outdoor footwear, swimsuit
- Helmet, face protection/chin bar, shin guards
- On-hill backpack, water bottle & sunscreen
- Homework
- Ski journal
- Money for meals while traveling and dinner every night (grocery store & variety of restaurants near by)

Registration:

Sign-up online at www.teamgilboa.com

First come, first served. Registration will close once we reach 30 athletes.

Loveland ski area release signed by parent required – download from Team Gilboa website.

Camp Fees

	<u>Payment method</u>	
	<u>Check By Nov. 10</u>	<u>PayPal (online credit card)</u>
Team Gilboa Members		
Camp <u>excluding</u> RT Mpls–Denver Transport*	\$1385*	\$1425*
* Athletes are responsible for arranging own transportation to/from Denver		
Camp <u>including</u> RT Mpls–Denver Van Transport	\$1605	\$1650
Day Camp / Coaching only (<u>excludes</u> lodging & meals, <u>includes</u> lift ticket)	\$155/day	\$160/day

Non -Team Gilboa Members

(additional waiver & medical forms required)

Camp <u>excluding</u> RT Mpls–Denver Transport*	\$1485*	\$1525*
* Athletes are responsible for arranging own transportation to/from Denver		
Camp <u>including</u> RT Mpls–Denver Van Transport	\$1705	\$1750
Day Camp / Coaching only (<u>excludes</u> lodging & meals, <u>includes</u> lift ticket)	\$170/day	\$175/day

Questions Call David Samuels at 612 850-1719 email: david@teamgilboa.com