



AUGUST 1 TO 7, 2010 & AUGUST 8 TO 14, 2010

We are pleased to announce that we are once again inviting all Tri-State and Interclub racers to join us in attending a Summer Race Camp at Mount Hood in Oregon. The camp, which is open to all Tri-State and Interclub racers and their families, is conducted in ideal training conditions high up on the Palmer Snowfields – the only year-round lift serviced skiing in the US. The United States Ski and Snowboard Association (USSA) and most ski academies encourage skiing in the off-season as an important part of an overall training program to maximize achieving success in the sport.

Scores of US Ski Team athletes and Olympians have done just that at the Mount Hood Camp.

The emphasis is on learning in a fun, and exciting environment. Hundreds of Tri-State athletes have attended the Mount Hood camp over the past seventeen years and sharpened their skills by training with some of the best coaches from around the world. Coaches Bruce Diamond and John “Bors” Borwick from Jiminy Peak in the Tri-State region will be working on the hill alongside the Mount Hood coaches to help supervise the racers both on and off the hill. Going as a group has been a right of passage for many Tri-State racers over the years and has provided a unique opportunity for kids throughout our region to train together and to develop lifelong friendships. Our kids will also have the opportunity to train alongside World Cup and Olympic athletes. Imagine the thrill as our kids learn not only from the world-renowned coaches, but also from seeing first-hand some of the best skiers in the world training on the same hill! It’s no wonder that so many of the racers have returned from the camp with vastly improved skills.

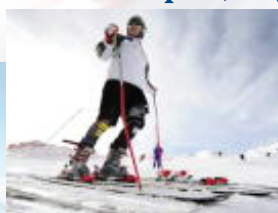
Racers may attend the first week from August 1 to August 7, the second week from August 8 to August 14, or both. Typically, the older kids attend both sessions and the youngsters attend one. **We have arranged to receive a special discounted rate for Tri-State racers. The cost includes ground travel from the airport, lodging, meals, lifts, snow access and coaching.**

Weekly sessions include 5 days of training (Monday-Friday), one day free skiing (Sunday) and one day off (Saturday). A variety of fun afternoon activities, including white water rafting, rock climbing, mountain biking, windsurfing and soccer are also available. Typically, kids from age 12 to 18 attend the camp. Some as young as 9 attend, but parents of racers 10 and under are encouraged to come with their youngsters.

Arrangements are also available for parents to stay at the Mount Hood Inn, and to have meals with the campers and to attend after-ski activities. We have found that this works well for the younger JIV and V’s. Parents may also choose to attend an adults-only group for those who want to improve their skiing. You don’t need to be a racer to be part of the adult group, just an intermediate skier. Adults who have attended have had as much fun as the kids, some choosing to ski in the morning and golf in the afternoon.

We hope to see many of you there!

Additional information & registration please visit www.mthood.com



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**\$1,049 PER WEEK
PLUS AIR FAIR**

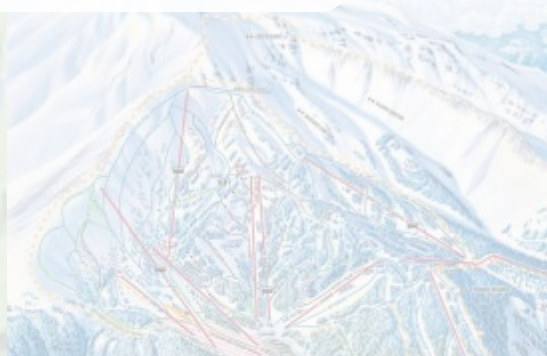
**5 DAYS ON SNOW TRAINING
1 DAY FREE SKIING**

**MORNING ACTIVITY
• ON SNOW TRAINING**

AFTERNOON ACTIVITIES

- WHITE WATER RAFTING
- ROCK CLIMBING
- MOUNTAIN BIKING
- WINDSURFING
- SOCCER
- PLUS MORE!

**REGISTER AT
WWW.MTHOOD.COM**



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MOUNT HOOD SUMMER SKI CAMPS
SUMMER
2010
OPEN TO ALL TRI-STATE RACERS

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WHY MOUNT HOOD?

11,235 foot Mt. Hood is the only 12 month ski area in North America. Training takes place on the Palmer Snowfield as well as on the Magic Mile chair lift runs in the early summer. With two express quad chairs and 2500' vertical, you have the opportunity to get in a lot of quality training in a short period of time. Mt. Hood weather is highly variable with mid-winter conditions likely at any time, so be prepared. Winter clothing, rain gear, and racing equipment should be brought as well as summer clothing. Layers work best at Mt. Hood. As it warms during the day, you'll take the layers off and stow them in your backpack. Sun protection is very important, Skiing at the 8,500 foot level is hazardous to the skin and eyes if not well protected. You must bring a good pair of sun glasses, dark lens goggles and #15 (or higher) sunscreen. We also recommend that you train wearing a helmet.



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AFTERNOON ACTIVITIES

Our philosophy is to have fun in the afternoons doing things you may not have the opportunity to do at home. We aren't a hard core dry land camp, but instead offer some fun alternatives in the afternoons. Our choices include: white water rafting, rock climbing, trampoline, soccer, cliff jumping, hiking, mountain biking, volleyball, windsurfing, paint ball, softball, golf-cage, unicycle, challenge course and tennis (we have our own clay court). Where else can you snow ski and white water raft in the same day?!

LODGING AND MEALS

Our camp fees include your stay at The Lodges at Salmon River Meadows. Our main "Chinook" lodge has 6 sleeping rooms for counselors and kids, ski room, wax room, and game room (including a pool table, ping pong and foosball) in the basement, dining room and kitchen serving the best camp food in the area. Our newer "Coho" lodge has a meeting room, 7 sleeping rooms, a relaxing porch area and a basement rec area with video stations. Meals are served buffet style with a wide variety of choices as well as our salad bar. Our 12 acre campus also has two trampolines, skate ramps, basketball hoops, volleyball and tennis court and the only soccer field on the mountain.

TRI-SATE SKI RACE COACHES



BRUCE DIAMOND

- Race Director & Head Coach Jiminy Peak Ski Team
- USSA Level 200 Certified Coach
- USSA Alpine Official and Referee
- PSIA Level 2 Certified Instructor
- Former NCAA Division I Ski Racer St. Lawrence University



JOHN "BORS" BORWICK

- John Borwick, Asst Coach - Berkshire School Ski Team
- J3/J4 Coach - Jiminy Peak Ski Team

John was the former Head J3 Coach of the Holiday SEF in NY before moving out west to work as a J3/J4 Coach with MART. John was selected to work with the National Development System (NDS) in USSA Rocky/Central before returning back east to take on the position of Alpine J3/4 Coach & Alpine Admissions with the Stratton Mountain School. John left SMS this past fall to take on the position with the Berkshire School Ski Team. John is a USSA certified Alpine Coach, Alpine Official and Alpine Referee.

QUESTIONS?
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