



Saturday Oct 23rd, 2021
ELITEAM

ELITEAM Dryland Clinic for Thunder Ridge!

For young ski racers, ages 8-17, who want to get a jump on the season! The day will be filled with a variety of ski specific workouts, sports nutrition training, and lots of fun with 2-time Olympian and ELITEAM Director Doug Lewis.



Dates: Saturday Oct 23, 2021
Ages: 8-17 years-old
Location: Thunder Ridge Ski Area
Fee: \$30.00
Contact: Meryl at
mdidio@thunderridgeski.com
Information & to Register:
www.thunderridgeski.com

Schedule: Saturday Oct 23rd

8:30-9 Registration
9:00 Welcome speech
9:10 Warm-up, Circuits, Strength
Mental Challenges
11:30 Lunch
12:15 Sports Psych Talk
12:45 Agility, Obstacles Courses
Quickfeet Slalom
2:45 Hike Mtn
3:15 Doug Lewis Speech
3:30 End Program

ELITEAM is coming to Thunder Ridge in October for a fun and informative dryland ski clinic that will motivate our young ski racers to push their limits! *ELITEAM*'s program will teach our athletes exercises that will help prepare them for the racing season. The kids will learn fun and innovative dryland techniques that they can do with their Coaches or on their own during the pre-season. They will also learn how a focus on sports psychology can help them not only train more effectively, but SKI FASTER.

This *ELITEAM* clinic will focus on ski specific exercises that will give our young racers the tools to perform better from start to finish. Working on agility, coordination, footwork and rhythm will result in faster feet and better balance. A focus on strength and anaerobic capacity will pay off at the end of races. Finally, Olympian Doug Lewis will talk with the kids about how Mental Focus and Nutrition will translate into more confidence and better control on race day.

At the end of the clinic, Doug will talk to parents, kids and coaches about his thoughts on junior ski racing, World Cup athletes and share inspirational stories about his World Cup and Olympic experiences.

Don't miss this special event!

