

# C\*S\*R\*A

Capital Ski and Race Academy

Start early to “knock down” the competition!



Open to athletes of **all ages** and abilities... For those interested in performance skiing all the way through elite racing.

## Earlybird Camp

12/15/08-12/19/08



- GS, SL race training
- “ski doctor” video
- Top coaches



[www.capskiandrace.com](http://www.capskiandrace.com)

Training Venue: Mount Snow now offers the best and most early season snow in the eastern US... check out the fan gun project that got them there at [mountsnow.com](http://mountsnow.com) This moderate and wide terrain is perfect for our performance skiing clinics and private hillspace for SL+ GS gate training.



The picture above is from the very beginning of November of 2007! Who else can lay down 2 feet of the packed stuff top to bottom (almost 2,000 vert) in 2 days on 2 slopes WITH a terrain park!? ...AND they added another 150 fan guns this summer!!

Our Lead Coach: **Jerry McNealus** (pictured) is a former U.S. national team member, UVM all-American, top Nor Am and Europa cup athlete, World cup and pro racer and veteran coach and instructor with 25 years of coaching and 15 years as head coach at Willard Mtn. Jerry is a full-time ski professional.



Our coaching pool: former eastern racer and PSIA educator, veteran USSA Mt Snow J5 head coach, speed camp coach, J4 future stars coach and full-time ski professional-**Jay Switzer**; fitness expert, former world cup racer, top Romanian ski racer, olympian, national team coach, recent national masters champion and full-time ski professional-**Dorin Munteanu**; former top USSA athlete, Nor Am racer and veteran coach-**Andy Wright**; PSIA eastern team member, top PSIA examiner, children’s specialist, aspiring kinesiologist, 08’ national nastar silver medalist, full-time ski professional-**Sue Kramer**; current overall New England masters champion, olympic skiercross candidate and fitness expert-**Randy Detrick**; former college racer, PSIA educator, current National Demo Team member-**Eric Lipton**; veteran coach, former pro racer and J3-5 specialist-**Trey Spencer**; former NCAA skier, all-American-**Mark Godwin**; former Syracuse team captain, veteran coach, nutrition expert, former college soccer athlete, current NYS certified athletics coach, L3 PSIA educator, Bromley coach, full-time ski professional and CSRA’s facilitator-**Matt Heller**; fitness expert, former college soccer athlete, olympic/national field hockey athlete, academy, UMASS, FIS pro racer, veteran coach, teacher, full-time ski professional and children’s specialist-**Billy Davidson**

(coaches available based on participant numbers)

Our Technical Director and Webmaster: computer expert and masters athlete-**Rob Andersen**

Our Coaching philosophy: provide a safe environment for learning that’s exciting enough to keep interest ... provide a mix of well-established PSIA and USSA coaching principles in progressive fashion to ease athletes back onto snow...provide individualized feedback reinforced by video. Try to keep athlete to coach ratio optimal, and get started training early in the season.



The above logos are registered trademarks of respective groups. CSRA does not suggest any endorsement.. They are here to show our coaches’ educational and licensure affiliations.

# Registration - 2008 CSRA Earlybird Camp

# C\*S\*R\*A

(Stop...you may not need to fill this out. See website - online registration available now!)

Capital Ski and Race Academy

Athlete name \_\_\_\_\_ Male\_\_ Female\_\_

Parent(s) name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Cellular # \_\_\_\_\_

Email \_\_\_\_\_ We'll pay by \_\_check, \_\_paypal



...start early, stay ahead.

Please circle athlete type: adult/league racer J6 J5 J4 J3 J2 J1 SR Masters NCAA USCSA Club High School Prep school Performance Skier

Circle the equipment you have (not required for participation): slalom skis GS skis helmet w/ chin guard tooth guard pole guards padded gloves padded clothes shin guards rain gear goggles in varying shades

Special request(s) \_\_\_\_\_ Food allergies \_\_\_\_\_ Special Medical Needs \_\_\_\_\_

\*Mt. Snow management plans to make every effort to get open early as planned and accommodate us well as ski racers. However, contingency plans due to unforeseen circumstances would involve: moving the dates of the camp forward, moving the camp north or offering camp credit. Refunds are possible.

\*CSRA will plan to correspond with the following information after registration: precamp fitness, "packlist" for athletes, health information, special requirements limitations, emergency contacts, liability information, directions/Vermont map/Mt snow trailmap, daily agenda, homework and carpool logistics. Please contact us if you don't get them. We understand peoples' fears regarding early season conditions. So, **registration deadline is flexible. Just call us if your registration is close to camp's first day.** Please make all payments via check (or paypal) to "Matt and Amber Heller" (or msheller@yahoo.com ). Please print and fill in registration and mail with check(or paypal receipt) to: CSRA - Matt and Amber Heller, 2033 SR 22, Cambridge, NY 12816 so we can keep track of everyone. Our phone is 518 365-0387. Feel free to call regarding group rate on lift tickets, lift tickets for parents, daily camper rates, commuter rates, suggestions on meals and lodging, or anything. You may want to wait to plan lodging in case dates and/or venue changes. Please---Circle price package(s) below:

\$350 - 5 days, w/  
hillspace/gates,  
coaching, video,  
and clinics.  
\*Suggested  
package\*

\$80/day - daily rate  
# days \_\_\_\_\_ X  
\$80 = \_\_\_\_\_  
(circle days above)

Day1 - Ski Doctor **Video** Diagnosis and Prescriptions; GS  
Day2 - GS  
Day3 - GS  
Day4 - SL  
Day5 - SL

Where/**who** did you hear about us from?  
\_\_\_\_\_

Home mountain \_\_\_\_\_

Thanks...and see you soon!