



**TEAM LC Race Camps 2017 Season
Colorado Fall Prep Camp (Extended Session 2)
November 12th – 15th, 2017 – ADULT Racers**



**Program Director,
Ron Lawrence
“Building a tradition of
Excellence!”**

Ron is a U.S. Ski Team Level 300 certified coach. He was the founder of TEAM NORWAY. Presently, he is a Granite Peak Ski Team Program Director/Head Coach. He has coached over 170+ U.S. Junior Olympic Athletes & Rocky/Central Champions in the last 40 years. His coaching expertise has helped many young athletes achieve their goals of winning State High School titles in both Wisconsin and Michigan. Many of his athletes have continued on with their racing careers and have been successful at the College and International level. Ron is known throughout the United States for producing athletes that can race at the US Ski Team level. Athletes come from throughout the Midwest to receive coaching from him. This will be Ron’s 29th Colorado Fall Camp and he promises that it will be one of the best!

FALL CAMP FOCUS

- Basic Alpine Skills Evaluation
- SkillQuest Fundamentals
- Directed Free-Skiing Drills
- Understanding Dynamic Balance
- Developing Phases of the Turn
- Foot Speed Drills

What Should You Bring to Fall Camp?

- Homework & Backpack
- GS Skis, SL Skis (Leave shin / face guards at home), Boots, Poles, Helmet, Boot Dryer (hot feet)
- IMPORTANT: GS Suit (We train in our GS suits)
- Only 1 Suitcase or Ski Duffle Bag for extra clothes (Extra Weight will cost you \$\$\$)
- Waterbottle, sunscreen, bathing suit, workout clothing & tennis shoes
- A Great Attitude!

**TEAM LC Race Camps
Colorado Fall Prep Camp
(15 RACERS MAXIMUM)**

**CAMP PRICE \$600
(\$200/DAY)**

- Pre-registration due Friday, Oct. 6th (\$300)
- Final Payment due Friday, Oct. 27th (\$300)

Questions?

Phone: 906-282-1902

Email: rklawrence@live.com

**CALL OR SEND IN FORM TO
RESERVE YOUR SPOT.**

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Health Concerns: _____

NOTE: Fees include all ground transportation, rooms, lift tickets, and coaching.

** Rooms will have refrigerators & microwaves. Evening meals will be eaten in rooms.*

*** Fees do not include airfare.*

SEND FORM & CHECK TO:

**Ron Lawrence
8752 South Cedar Trail
Baileys Harbor, WI 54202**

***Note: Make checks out to
Ron Lawrence***