

CAMELBACK MOUNTAIN SCHOOL

WELCOME ALL ATHLETES!

We are very excited to be starting this elite training program for snowboard & free-ski competition this year again and hope you are as excited as we are! Below is an outline for our first weekend together. We will review all the specifics of CMS and let you know what you can expect this season.

PRE-SEASON SCHEDULE:

SATURDAY, NOV. 7TH - ATHLETE/PARENT ORIENTATION

Start: 9:00am - 2:00pm approx.

Meeting Place: Sun Bowl Lodge, Camelback

Morning session: (at least one parent per athlete needs to be present in the beginning)

- sign up for the program (paperwork, payments, etc)
- program specifics & schedule
- get your season pass(s)
- meet the coaches & staff
- tuning clinic/workshop - Bring your boards! (parents may want to be here for this one)

Lunch Break (bring bag lunch & H2O)

Afternoon session: (weather permitting)

- Turf Park Orientation/Training
- Bring Snowboard Gear (board, boots, pads, etc)
- All athletes must have current 09-10 season pass

SUNDAY, NOV. 8TH - DRYLAND TRAINING / NO TURF PARK TRAINING (CLOSED ON SUNDAYS)

Start: 9:00am - 12:00pm approx.

Meeting Place: Sun Bowl Lodge, Camelback

Things to bring:

- Bring hiking shoes & comfortable clothing with a warm jacket if we go outside.
- Refillable water bottle
- Lunch on own after DLT

SATURDAYS AFTER 1ST WEEKEND: TURF PARK TRAINING

Start: 10:30am - 2:00pm approx (*bring bag lunch*)

Meeting Place: Turf Park (adjacent to Flo Rider), Camelback

SUNDAYS AFTER 1ST WEEKEND: DRY LAND TRAINING

Start: 9:00am - 12:00pm

Meeting Place: Sun Bowl Lodge, Camelback

Dry Land Training & Turf Park Training will occur until Camelback opens for the normal snow season.

Remember: All Team Rhodo athletes must be a member with USASA, so please sign up online at usasa.org

We look forward to seeing everyone on the 7th!

If anyone has questions, please feel free to ask us.

Think Snow!

Sean Naughton - Team Director (cms@skicamelback.com)

Bill Van Gilder - Program Manager

Brandon Cook - Head Coach