

Registration Deadline:
April 1, 2011
Space is limited.



Whistler Blackcomb's fabulous training and alpine scenery.

Travel & Camp Details

Fly into Seattle or Vancouver

Skiers can fly into Seattle (5 hr. drive to Whistler) or Vancouver (2 hr drive). About April 1, when airlines offer any special summer fares, the appropriate arrival city should become obvious, as well as the transfers to Whistler.

Airport Bus Vancouver to Whistler

From the Vancouver Airport (YVR), arriving skiers can take a bus (Pacific Coach Lines) directly to Whistler (2 hours), and return the day of flight departures.

U.S. Passport for Canada

US citizens need a **valid passport** for entering and leaving Canada. Coaches will collect and hold the passports of juniors during the camp to prevent misplacements.

Luggage Requirements for Flights

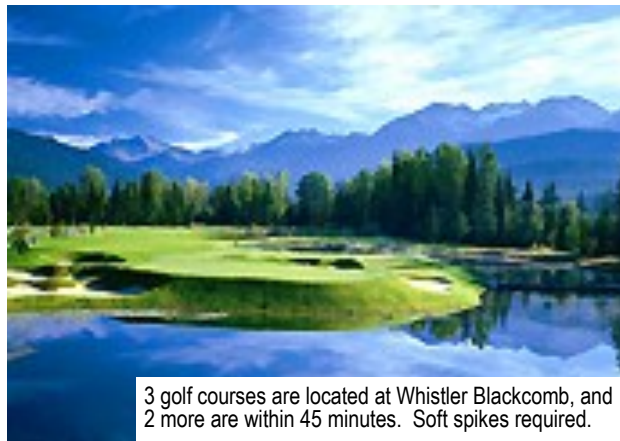
Airlines usually allow one ski bag under 50 lbs, one duffle bag under 50 lbs, and one carry-on bag per person. Ski boots should be carried on separately (over shoulder). Overweight charges are hefty and not included. Luggage policies vary from airline to airline and change often!

Suggested Skis

Bring a pair of Slalom and GS skis. If bringing only one pair, slalom skis would be preferable. A pair of skis and bindings weight about 16 lbs.

Lodging & Meals

Lodging and 3 meals/day are included in the package. Racers stay in condos in Blackcomb Village near base of lifts. Meals start with dinner on the day of arrival. Any meals during the 2 travel days are not included.



3 golf courses are located at Whistler Blackcomb, and 2 more are within 45 minutes. Soft spikes required.

2011

BOC/ LATHROP **Summer Ski Camps**

Presented by



Photo by Bob Mangiacotti


Whistler Blackcomb
British Columbia, Canada
July 1-12, 2011

B.O.C.
Bromley Outing Club
Peru, Vermont

Tel: 802-824-6498 Fax: 802-824-3691
Email: boc@bromleyoutingclub.com
Website: www.bromleyoutingclub.com

Presented by



 **BOC/
LATHROP**
Summer Ski Camps

BOC/Lathrop Ski Camps

P.O. Box 2021
South Londonderry, VT 05155
Tel: 802-824-5310

Summer Camp 2011
Registration Form
(Fill out one form per racer.)

Name of Racer: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Tel: _____ Bus. Tel: _____

Email: _____ Cell: _____

Mother's name: _____ Cell: _____

Father's name: _____ Cell: _____

Attended a Bromley Race Camp before? /Yes /No

If yes, which one? _____

/ **Junior Racer:** /Boy /Girl Age: _____ Grade: _____

Ski Club: _____

/ **Family:** Please request a separate form and pricing.

Family members attending: /Mom /Dad No. of Kids: _____

Lodging Roommate(s):

Roommates assigned unless requested below:

Roommate: _____ or / Please assign roommate

Checks payable to: BOC/Lathrop Summer Ski Camps

Credit Card: circle one => **Visa MC Amex**

Credit Card Number: _____

Name on Card: _____

Expiration Date: _____ PIN No.: _____

Payments: Reserve a spot ASAP \$500
Bal. of Deposit April 1 \$500
Camp Balance May 15 \$1395
Airfare upon booking (with CC)

BOC/Lathrop

Summer Ski Camps

Junior Racers

Whistler Blackcomb July 1-12, 2011

The vast Blackcomb glacier offers racers terrific opportunities for intensive skiing and gate training. Effective summer camps allow skiers to identify and correct technical issues without the pressure of preparing for upcoming races. Lathrop's proven progression of free-skiing drills, stubby courses and tall gates gives racers a perfect occasion to advance their racing technique, skills and tactics.

Racers and staff stay in Blackcomb Village, a short walk to the lifts. Skiers load lifts at 7:30, train the entire morning (usually to 2 pm with lunch on the glacier). Afternoons are free for a variety of summer activities.

Cost:US\$2395

12-Day Camp Cost Includes:

Lifts, 11 nights of lodging, 3 meals/day, and training camp — 9 days of skiing (weather permitting) with 2 days off to enjoy scenic British Columbia. Airfare is not included. Activities on days off are not included.

Departure City:

Hartford, CT

Depart Fri, July 1.

Return Tue, July 12.

Racers can fly from any city to Vancouver and connect to the bus transfer to Whistler. Families can rent cars from Seattle or Vancouver airports. Camp coaches will likely fly in/out of Hartford, CT (TBC in April) and travel with racers through US and Canadian customs.



Photo by Bob Mangiacotti



The Blackcomb glacier provides fabulous summer race training.

Who are the camps for?

All Junior Racers

The race camps are intended for skiers who are looking to take their racing to the next level with intensive training sessions — **especially USSA J3, J4, J5 racers**. Some racers come by themselves, travel out/back with the BOC coaches, or meet the group in Whistler. Others come with their parents or families.

Daily Schedule

(9 Days of Skiing, 2 Days of Recreational Activities)

6:30- 7:00	Breakfast
7:30- 8:00	Load & ride lifts
8:30-11:30	Morning training session
11:30-12:30	Lunch on glacier
12:30- 2:00	Afternoon training session
2:00- 6:00	Afternoon summer activities
6:30- 7:30	Dinner followed by video analysis

Parents & Families Welcome

Parents or families may also join the group and stay in their own slope-side 1- or 2-bedroom condos with full kitchens. Many restaurants are in the area. Free-skiing on the glacier is open to the public starting at 11 am. Lift tickets may be purchased on a daily basis. Inquire for lodging reservations. Approximate rates:

- 1-bedroom condos..... Can \$140/night + tax
- 2-bedroom condos..... Can \$175/night + tax

BOC/Lathrop Summer Ski Camps

Box 2021, South Londonderry, VT 05155

Tel: 802-824-5310

Email: lathrop@applerise.com

Elite Coaching Staff

Besides Steve Lathrop, experienced race coaches from the BOC racing program round out the elite staff for the BOC/Lathrop Ski Racing Camps.

Steve Lathrop

U.S. Ski Team
F.I.S. World Championship Team
U.S. Downhill & Combined Champion
CanAm Slalom Champion
U.S. Jr. National Slalom Champion
Director Lathrop Ski Camps-15 years
Presently Head J4-J5-J6 Coach at BOC/Bromley



Lathrop Training Program

Lathrop has been involved with coaching all ages of ski racers for all of his career. Formerly director of the Lathrop Ski Camps, which pioneered recreational racing camps, and recently an active USSA junior racing coach in Vermont, he has developed a highly effective progression for coaching ski racing that produces great results, including 3 Vermont State Championship titles, a J3 Jr Olympic SG title, and Whistler Cup Team in 2010 for 2 of his own children (Brittany and Lara).

Whistler Blackcomb Resort

Canada's largest ski resort is located 2 hours north of Vancouver in British Columbia, Canada. Famous for its large summer skiing glacier and site of the alpine events for the 2010 Winter Olympic Games, it is also renowned for offering a wide variety of summer activities after the morning ski sessions — superb hiking, mountain biking, canoeing, horseback riding, golf, rafting; and a zip line, bungee jump and thrill zone for thrill-crazy kids. Five golf courses are in the Whistler Blackcomb vicinity. Extra curricula activities are not included.

