

MBSEF JULY SKI CAMP

Mt. Hood, July 29-August 2 2019

Please bring SL gear as we will focus on SL during the July camp. Please see below on what to bring to the camp.

Very Important, please fill out the Timberline Ski Area release form. This online release form has to be filled out for every new camp. Even if you have filled out before for either a camp or the Golden Rose races. Here is the link: <https://bit.ly/2Hzwuzi>

Please fill it out on-line. If you are under 18 you also need to fill out the medical form. Both forms are available via the link above.

- Arrival: Arrive before **6:00 PM on Monday July 29**, at the Huckleberry Inn, Government Camp. **Athletes riding the van from Bend, meet at 2:30pm on Monday 7/29 at the MBSEF Office.**
- Departure: Athletes not riding in the van back to Bend need to be picked up after lunch at **1:30 PM on Friday August 2**, at the Huckleberry Inn, Government Camp. The van will return to Bend at approx. 4.30 pm.
- Lodging: Huckleberry Inn, Government Camp (503-272-3325).
- Food: Meals are included in the camp. Starting with dinner on Monday and ending with lunch on Friday. Breakfast, lunches and dinners are served at the Huckleberry Inn.
- Daily Schedule:
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| 5.45 AM | Wake-up |
| 6.00 AM | Breakfast |
| 6.30 AM | Vans leave for Timberline |
| 7.00 AM | Load the lift |
| 7.30-12.00 | Skiing |
| 12.30 PM | Vans leave from the mountain |
| 1.00 PM | Lunch |
| 3.30 PM | Afternoon activities |
| 6.00 PM | Dinner |
| 7.00 PM | Video |
| 9.00 PM | Lights Out |
- What to bring: Equipment needed for SL training, including protection gear.
Protection gear includes: Shin guards, pole guards, and a helmet with something that protects your face and teeth while skiing SL.
Toiletries, swimsuit and bath towel
Small day pack (to bring to the mountain)
Sunscreen and water bottle
Rain gear; make sure it fits in your day pack
Workout gear incl. running shoes/tennis shoes
- Coaches: Nils Eriksson, Kent Towleron and additional coaches if needed.
- Payment: \$880 for MBSEF members
- Release forms: Again, please fill out the Timberline Release form online prior to arriving at camp, if you have any further questions, please don't hesitate to contact us via phone 541-388-0002 or e-mail nils@mbsef.org.