



13534 35th Ave NE Seattle, WA 98125 (206) 363-0859

SPRING TRAINING CAMP

This training camp is designed for all those who have wanted to spend some focused time at improving their skiing. The courses work will be in classic and skate technique, or alternatively in Telemark and backcountry skills. The three days will be a comprehensive immersion in the basic skills, and techniques of each pursuit. We will also delve into the theory and pedagogy providing a thorough groundwork for improving skills technique and understanding of the finer points of the sport. In addition to the technique the group will spend time training to improve endurance efficiency and speed. This will of course not be at the Olympic competition level but aimed at the capabilities of the group. White Pass has a nordic center that was laid out years before it was actually built, but its concept evolved from and for competition. This makes the pass an ideal retreat to work on track skills. Not to leave out the Telemarkers, the ski area provides lift service and a huge variety of terrain suitable to challenge everyone from the beginner to the expert. Further there is backcountry terrain for the authentic experience of skiing mother natures snow, rather than just the machine prepared ski area stuff. Provided: lodging, Level III certified instructors. Dates 3/16-17 Cost \$425



MAIL THE FORM BELOW WITH YOUR 25% DEPOSIT
 To: Outing Services; 13534 35th Ave NE; Seattle, WA 98125

Name: _____ Trip Title: _____ Enclosed \$: _____

Address: _____ Room Mates: _____

Zip: _____ Email: _____

Phone: _____ H. _____ O.Sign _____

I the above signed understand that there are risks and hazards involved in active sports including the activities I will be participating in with Outing Services. I accept these risks as my responsibility and agree to release Outing Services, their representatives, guides, and associates from any liability for accidents or injuries which may occur during or traveling to and from said activities.