

Concept Ski Racing

Concept Ski Racing will be holding a 5 day race training camp. This is a perfect time for pre-season training for the forthcoming summer. Some of the key elements being focused upon are:

- Technical free skiing
- Slalom gate training
- Video analysis
- Fitness
- Ski preparation

At the end of the week, a race will be held where goodies and prizes will be awarded.

Qualified coaches, first aiders and gym instructors present at all times

Athletes must bring:

- Food and drink
- Ski equipment
- Suitable clothing
- Ski prep equipment

Information

Held at **Brentwood Ski Slope**

18th to 22nd April 2011

Daily rate: £35

(Minimum 2 days)

Week rate: £155

Contact Dan Curtis for booking and information.

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