

# Citizens Ski Race Training Day

## DETAILS:

**When:** January 15, 2016

**Where:** Cochran's Ski Area

**Who:** Anyone Age 18+

**Cost:** \$55 (ticket included)

**\$35 with a Cochran's Pass**

New England Masters Skiing (NEMS) with the United States Ski & Snowboard Association (USSA) is offering a one day ski race training for adults of all abilities.

- Never been in gates before?
- Regular Masters racer?
- Want to ski faster in your local league?
- Want a gold in NASTAR?

## MORE INFO:

[www.skiracereg.com](http://www.skiracereg.com)

[www.nemasters.org](http://www.nemasters.org)

**If you answered "YES" to ANY of these questions, THIS IS YOUR DAY!**

## SCHEDULE

**8:00: Registration**  
(pre-register on [skiracereg.com](http://skiracereg.com))

**8:50: Introduction & Review of Schedule**

**9:00: Break into groups for morning GS**

**11:45: Lunch Break**  
with video of runs

**12:45: Full-length GS/SL training**

**2:30: Training ends**

## WHAT YOU GET:

- ◆ Professional coaching by former World Cup racers & National Champions Lindy Kelley & Bobby Cochran.
- ◆ Ski racing fundamentals, both techniques and tactics
- ◆ GS training sessions & optional SL training session
- ◆ Video analysis of your skiing
- ◆ Temporary USSA Masters license for participants who wish to give masters racing a try.

### Sign Me Up!

Register online at [www.skiracereg.com](http://www.skiracereg.com)

—> Toggle to "New England Masters—Sise Cup Series"

### Questions or Concerns Please Contact:

Ben Green [ben\\_9018@yahoo.com](mailto:ben_9018@yahoo.com)

Katie Green [kgeorge37@gmail.com](mailto:kgeorge37@gmail.com)