

# HURRICANE RACING TEAM

P.O. BOX 581  
HOUGHTON, MI 49931  
MOBILE # (248) 761-4875 or E-Mail: [bobvial@skihurricane.com](mailto:bobvial@skihurricane.com)  
WEBSITE: SKIHURRICANE.COM

September 1, 2009

**Dear Ski Racer,**

This is your "invitation" to **Thanksgiving** Camp 2009 with **Hurricane Racing Camps!**

I will be conducting my **23rd annual** Thanksgiving Camp, a seven day on-snow, eight night ski racing camp based in Summit County, Colorado during Thanksgiving week (**November 20 to 28**). Ages 11 to 19 are welcome to attend. This camp is designed for "**goal oriented**" junior ski racers!

Arrangements for training space have been made for Loveland Ski Area. The "private / no public" training lanes at **Loveland Ski Area** are one of **the best** you can find anywhere this time of year in **North America**. They now have "two" (private no public) training lanes as they have increased their snowmaking and opened a new trail. We will ski seven days; one free ski day for getting acclimated, 3 for Slalom and 3 for GS. Each day of **Slalom** or **GS** will start with free skiing first (8:30 to 11:30 a.m.) and then gate training in the afternoon from (1:00 to 4:00 p.m.).

The camp will have plenty of **adult supervision**, as the coaches and parents who attend lodge right with the campers. Our schedule is always very ambitious and a long day, so everyone will be kept busy with responsibilities. Our coaching staff will consist of **Bob Vial** / Mont Ripley Racing Team, **Brian Henderson** also of the Mont Ripley Racing Team and Houghton/Hancock H.S. Ski Team, **Tony Sasso** of the Boyne Alpine Racing Team and Okemos H.S. Ski Team also **Sam Coffey** an FIS racer with the Aspen Ski Club.

The **application** is included with this information and must be returned **before October 1, 2009** with either full payment or a \$500.00 **deposit**. The **cost** of the **2009 Thanksgiving Camp with Hurricane R.C.** is \$1,575.00 this **includes**: airport pick-up\* / drop-off\*, lift tickets, lodging, meals (3 per day), daily transportation, coaching, 6 days of training lane fees, 2 trips to the Silverthorne Rec. Center and camp hooded sweatshirt. **Balance** is due two weeks before departure or other arrangements can be made if necessary. **Payment by check or credit card is possible**, if by credit card visit our website at: **www.skihurricane.com** At the website you can click on the camp desired and purchase in full.

Please print these pages (5 total) and fill out the application for return with deposit or full payment, keep the schedule and check list for your information. Include camp goals when you send your application!

**Thank You! Look forward to seeing and skiing with everyone in Colorado!!**

Sincerely,

Bob Vial  
Camp Director / Head Coach  
**Hurricane Racing Camps**

\*Campers must arrive during the designated time period in order to receive transportation otherwise arrangements for a shuttle must be made. Any questions on this please contact Bob Vial.

**HURRICANE RACING TEAM**  
2009 / THANKSGIVING CAMP / APPLICATION  
NOVEMBER 20 TO 28, 2009 / SUMMIT COUNTY, COLORADO

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP CODE \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_  
HOME PHONE \_\_\_\_\_ DATE of BIRTH \_\_\_\_\_  
WORK PHONE \_\_\_\_\_  
PARENT or GUARDIAN NAME \_\_\_\_\_  
HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
HEALTH INSURANCE INFO. \_\_\_\_\_  
HEALTH CONDITION or CONCERNS \_\_\_\_\_  
LIST ROOMMATES \_\_\_\_\_  
ARRIVAL AIRLINE \_\_\_\_\_ FLIGHT# \_\_\_\_\_ TIME \_\_\_\_\_  
DEPARTURE AIRLINE \_\_\_\_\_ FLIGHT# \_\_\_\_\_ TIME \_\_\_\_\_

**Liability Release**

Parents/Legal Guardian/Participant, by signing this application, acknowledge; there are physical inherent risks in alpine skiing and alpine ski racing, as with any sport and agree to hold: Hurricane Racing Team, Inc., it's coaching staff and ski area campsite Loveland Ski Area (Clear Creek Skiing Corporation), it's officers, employees, harmless of and from liability, arising out of any injury a participant may sustain, including fatal injury, while participating in this Hurricane R.T. Thanksgiving ski racing camp. The undersigned hereby releases Hurricane Racing Team, Loveland Ski Area (Clear Creek Skiing Corp.) from any and all claims, demands and causes of action resulting from "participants" (racer) participating in the Hurricane Racing Team Thanksgiving ski racing camp in Summit County, Colorado.

**Parent/Legal Guardian** \_\_\_\_\_  
Participant (if 18 years or older) \_\_\_\_\_  
Date \_\_\_\_\_

**Medical Authorization**

The Hurricane Racing Team coaching staff may have my permission (as parent or legal guardian or participant) while participating in this Thanksgiving camp to select medical attention for myself. I hereby consent that the physician or other medical personnel selected is authorized to provide any necessary medical care for child/participant. Each participant is responsible for their medical insurance and cost of all and any charges they may incur.

**Parent/Legal Guardian** \_\_\_\_\_  
Participant (if 18 years or older) \_\_\_\_\_  
Date \_\_\_\_\_

**Athlete Code of Conduct and Responsibility**

I, the racer, will cooperate at all times and follow the "code of conduct" of the United States Ski Association (USSA) and Hurricane Racing Team. I realize that unruly conduct will be strictly disciplined (if necessary racer will be sent home at his or her expense). I, understand my financial responsibility for any damages during camp and I, will pay any and all cost immediately. The racer further understands "his or her" responsibility to; act safely, be on time, organize personal belongings and help the progress of good group dynamics.

Racers Signature \_\_\_\_\_ Date \_\_\_\_\_

Checks Payable to: **HURRICANE RACING TEAM, INC. P.O. Box 581, Houghton, MI 49931**

\***Cost** of the 2009 Hurricane R.C. Thanksgiving Camp is; **\$1,575.00**

\*All returned (NSF) checks subject to bank charges and all late payments subject to 1.5% charge.

## Hurricane - Thanksgiving Camp

### SCHEDULE

<b>November 20</b>	Arrival	10:00 a.m. to 3:00 p.m. MDT at Denver International Airport
	Camp Meeting	7:30 p.m. in Summit County at lodging quarters
<b>21</b>	Ski	Emphasis on technical SL free ski drills, skiing in groups work on balance, stance, awareness and time with coach
	P.M. activity	Work on skis, jog and stretch
<b>22</b>	Ski	SL free ski drills for warm-up, SL gate drills, short courses working on tactics and stance, video of training
	P.M. activity	Rec. Center bike, stretching, station exercises, basketball
<b>23</b>	Ski	SL gate drills, longer courses, tactics, stance, body position, video of training
	P.M. activity	Work on skis, jog and stretch
<b>24</b>	Ski	SL gate drills, longer courses, tactics, stance, body position, video of training
	P.M. activity	Center bike, stretching, station exercises, pool
<b>25</b>	Ski	GS free ski drills, gate drills, short courses, tactics/timing
	P.M. activity	Work on skis, jog and stretch
<b>26</b>	Ski	GS free ski drills, gate drills, short courses, tactics/timing video of training and Turkey Day :)
	P.M. activity	Rec Center bike, stretching, station exercises, pool
<b>27</b>	Ski	GS long course, complete runs and video of training
	P.M.	Pack everything, movie at theatre
<b>28</b>	Departure Day	All flights after 10:00 a.m. MDT, if leaving before then you need to schedule a "shuttle" for pickup and ride to DIA.

### DAILY SCHEDULE

6:15 a.m.	Wake Up & Morning Warm-Up	5:00 p.m.	Ski Tuning
6:45 a.m.	Breakfast	6:00 p.m.	Dinner
7:15 a.m.	Depart to Ski Area	7:00 p.m.	Team Meeting
8:00 a.m.	Lifts	7:30 p.m.	Free Time
11:30 p.m.	Lunch	9:30 p.m.	Return to Condo's
1:00 p.m.	Gate Training begins at Loveland	9:45 p.m.	Bed / Lights Out
4:00 p.m.	Gate Training ends at Loveland		

**\*Schedule can be subject to change and/or adjustments made!**

## 23rd Annual - Hurricane Racing Team / Thanksgiving Ski Racing Camps

### \*\*CAMP CHECK LIST\*\*

#### EQUIPMENT NEEDED FOR CAMP

1. Skis - GS & Slalom, (if you have/own both)
2. Ski Boots - \*if you are flying it is best to carry boots with you do not pack carry on-board!
3. Poles
4. Helmet - for all training, designed for alpine ski racing
5. Goggles - we all “need to see”, goggles in good condition with extra lenses
6. Ski Tuning equipment - (keep it light, but efficient, HRT will supply benches, vises and irons)
7. GS one piece suit, training shorts or pants, stealth, etc.
8. Winter ski clothing, also have something for when it’s warm
9. Sunglasses
10. Jogging sweats and shorts
11. Running shoes
12. Backpack or day pack (carry H2O, sunscreen, extra clothes, food, etc. for training)
13. Swimsuit
14. Toiletries
15. Sunscreen (at least 20+ SPF)
16. Alarm Clock!! (don’t rely on someone else)
17. H2O bottle
18. Pocket money for travel to/from Colorado and for personal expenditures while in Colorado
19. Two pieces of Identification for travel!
20. **Flight itinerary sent to Bob Vial either by mail or e-mail.**
21. **Signed “release form” for Loveland Ski Area**
22. **Goal sheet completed and returned with “release form”**
23. **Camp Fees paid prior to your departure date** (two weeks in advance)
24. Your smile and great positive attitudes. :)

**Mailing Address for camp:** (camper calls home upon arrival and passes on information)

**Shipping Address for camp:** (camper calls home upon arrival and passes on information)

**Phone Number:** (camper calls home upon arrival and passes on information)

**\*\*CAMP GOALS\*\***

Each athlete will have two goals for their Thanksgiving ski training camp with Hurricane. These goals should be **“attainable”** while attending camp and they should be **“measurable”**.

Please, pick two goals to focus your camp on! Having “two” goals to work on for a Thanksgiving camp visit is a lot to accomplish and time is needed to succeed. The better job you do at defining these goals for the coaching staff, will help them to do a better job with you.

Each athlete will receive an evaluation of their camp stay. These steps are important in preparation for your winter competition season!

**\*\*Ideas can range from: technique, tactics for GS or Slalom, physical training, training your brain (attitude, visualization, concentration), equipment tuning / maintenance, etc.**

NAME - \_\_\_\_\_

Goal #1 \_\_\_\_\_

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Goal #2 \_\_\_\_\_

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