

JUST THE GIRLS! RACE CAMP

Hosted by the Stevens Pass Alpine Club (SPAC) in conjunction with PNSA

WHERE: Stevens Pass, WA

WHEN: March 10 (evening) - March 11, 2017

WHAT: A ski racing camp just for women! Learn how to race or improve your giant slalom and slalom (brush gates for slalom - no slalom padding required).

Moms – Get a taste of what your junior racers are doing.
Already a racer? It's a rare chance to be coached by one of the top masters racer in the world, Lisa Densmore Ballard, and other top coaches in the northwest.



COST: \$85. Includes tech talks, coaching, video analysis, continental breakfast on Saturday morning, fun race on Saturday afternoon, apres-ski party with door prizes.

NEED TO KNOW:

Participants should be at least 18 years of age and intermediate or better skiing ability.

Lift ticket sold separately.

No racing gear? No problem. Ski on whatever gear you have!

To register, contact SPAC: www.SPAC.com.

SCHEDULE:

Friday, March 10, 2017

4:00pm	Arrival and check-in.
4:30pm	Tech Talk: "Ski Racing 101 + Intro to Slalom" by Lisa.
5:30pm	Free-skiing warm-up while coaches set slalom brush course.
6:00pm	Course inspection with coaches, then slalom training.
8:30pm	Q&A on gear for ski racing (and any other ski racing topics)
9:30pm	Evening session ends.

Saturday, March 11, 2017

8:00am	Arrival. Continental breakfast.
8:30am	Tech Talk: "GS Technique and Tactics + How to Start and Finish Faster" by Lisa.
9:15am	Free-skiing warm-up while coaches set GS course.
9:45am	Course inspection with coaches, then GS training with video.
11:15am	Video analysis – Groups 1+2. Gate training continues for Groups 3+4.
12:15pm	Video analysis – Groups 3+4. Lunch for all groups.
1:15pm	Free-skiing warm-up while coaches set Fun Race course.
1:45pm	GS Fun Race: 4 30-second runs. Best 3 of 4 count.
3:30pm	End of ski day. Apres-ski party.

WHO IS LISA DENSMORE BALLARD?



Lisa Densmore Ballard has been involved in the sport of skiing for more than 50 years as a competitor, coach, official, ski and ski boot designer, marketing consultant, event producer and journalist. She began ski racing at age 6 and spent her early years in the junior race program at Whiteface Mountain near Lake Placid, New York. In high school, while attending Stratton Mountain School in Vermont, she trained and competed throughout North America and Europe and then spent four years as a member of Dartmouth College's NCAA Division 1 ski team (1980 to 1983). After college, she raced on the Women's Pro Ski Racing Tour for six years (1985 to 1990), achieving a ranking of 10th in the world.

Since retiring from the pro tour, Lisa has become one of the most decorated alpine masters skiers in the U.S. She has won close to 100 national masters titles since 1991 across all ski racing disciplines and four world masters championships. USSA has presented her with the prestigious Al Sise Award (masters skier of the year) six times. She has been a member of the U.S. Alpine Masters Ski Team, an honorary team that recognizes the No. 1-ranked man and woman in each masters age group, all but two years since 1991. She currently serves as the chair of USSA's national masters committee.

As a ski coach, Lisa is certified by both PSIA and USSA. During the 1990s, she was the instruction editor for Snow Country Magazine and the director of the Snow Country Ski Schools in conjunction with the PSIA Demo Team. At the same time, she founded a national ski instructional program for women that raised money for breast cancer research and patient support. That program has since morphed into the "Your Turn" women's ski clinics, which Lisa hosts each winter at ski areas around the U.S. She also coaches juniors and masters with her home ski club, the Silver Run Ski Foundation at Red Lodge Mountain, Montana, and guest coaches for other ski programs as time allows. She has served as a Trustee of Stratton Mountain School; on the nominating committee for the U.S. Ski and Snowboard Hall of Fame; on USSA Northern Division's Alpine Competition Committee; and on the boards of the New England Ski Museum and New England Masters Skiing.

In addition to her successes on the slopes, Lisa has spent much her adult life bringing skiing to others through her writing, photography and television work. A three-time Emmy-winning TV host and producer, she has covering skiing for many networks, including CBS, NBC, ESPN, VERSUS, The Travel Channel, A&E, Turner Sports, Outside TV and The Weather Channel. In 2014, she received an Ullr Award from the International Ski History Association and an Emmy nomination and as the producer and co-writer of the film, *Passion for Snow*, a documentary covering 100 years of skiing history. The North American Snowsports Journalists Association and the Outdoor Writers Association of America have both honored her multiple times for her broadcast and magazine work. She contributes regularly to more than 25 magazines and websites, including SkiRacing.com, *NSAA Journal* (published by the National Ski Areas Association) and *32 Degrees* (published by PSIA). She is the author of seven books, including *Ski Faster!*. www.LisaDensmore.com.