

## BUILDING OUR BEST – Race Camps

### CAMP NOTICE

Location	Silver Star, BC
Event	19 January 2012 Technical Free Ski/Gate Practice 20 January 2012 Technical Free Ski/Gate Practice
Eligibility	All DSABC Members with valid memberships
Entry Fees	There is no cost to participate in this event
Entry Deadline	January 13, 2012, 3pm
Registration	All interested participants should contact Nick Brush <a href="mailto:nick@dsabc.ca">nick@dsabc.ca</a> / 778-991-5127
Lift Ticket	All registered participants will receive 50% their lift ticket for each day of their registered event
Accommodation	Silver Star Central Reservations: 1-800-663-4431 <a href="mailto:info@skisilverstar.com">info@skisilverstar.com</a>
Coach's	B.C. Ski Team Coach's-Phil Chew, Jason Fink, Dallas Smith
Schedule	See Below

### **Building Our Best Camps Schedule (Silver Star BC)**

#### **Thursday January 19<sup>th</sup>**

8:45am - Meet in front of day lodge ready to ski  
9am-1130am - Technical Free skiing.  
1130am-1230pm - Lunch Break  
1230pm-3pm - Skiing in a race course with video  
3pm-4pm - Watch Video

#### **Friday January 20<sup>th</sup>**

8:45am- Meet in front of day lodge ready to ski  
9am-1130am Technical Free skiing  
1130am-1230pm- Lunch Break  
1230pm-2pm- Skiing in a race course with video  
2pm-3pm – Watch Video  
3pm-4pm – Learn how to Tune skis

**All participants will be required to fill in a Quantitative Program Report. We are collecting this information to help our organization and the Canadian Paralympic Committee to determine the effectiveness of First Contact programs and for strategic planning of participation initiatives.**