

SKI-LL Level

Rate yourself

Please use this Skill evaluation to match your skills and record your level on the entry form on the other side.

SKI-LL 1-2

You've skied 1 or 2 days and can make wedge turns and stop on easy terrain.



SKI-LL 3-4

You can link wedge turns and are beginning to bring your skis parallel during the turn. You can stop and control your speed. You're skiing with confidence on easier terrain and are picking up speed - isn't skiing a blast?



SKI-LL 5-6

You ski green runs and some blues comfortably. You're linking turns and developing a sense of "carving" the turn. Your stance is narrowing to shoulder width. On steeper blues you don't always link turns and sometimes resort to a wider stance or wedge turn to control speed. You have trouble keeping your upper body facing downhill.



SKI-LL 7

You ski in a comfortable open-stance parallel on all blue and less challenging groomed black terrain. You're developing edge control and can vary your turn shape. You can link turns in easier bumps but have difficulty in moderate to larger bumps and in heavy/wet snow. You're working on improving your turn technique and body position.



SKI-LL 8

You ski the "fall-line" in balance on all groomed runs. You're developing advanced carving and edging techniques and can vary turn shape at a variety of speeds. You ski moderate bumps and light powder in control.



SKI-LL 9-10

You are proficient in all kinds of skiing at dynamic speeds. You ski bumps, powder and heavy snow conditions with relative ease. You d'man!

CAMP INCLUDES

- Three-day lift ticket
- Coaching fees
- Video analysis
- All day intensive instruction
- One on one instruction
- Gate training
- Evening gathering and dinner
- Equipment Tuning Clinic

WHO SHOULD COME

Intermediate, advanced or expert skiers, 16 yrs. or older, interested in improving his/her abilities.
(No beginners please.)

WHY YOU SHOULD COME

Sugar Mountain Resort has a diverse & well-qualified teaching and coaching staff. We are excited and look forward to helping you improve your skiing ability.

ACCOMMODATIONS

Sugar Mtn. Resort Accommodations

1-800-438-4555 • www.staysugarmountain.com

30% discount

Sugar Ski & Country Club

1-800-634-1320 • www.sugarmountain.com

30% discount

Best Western Mountain Lodge

1-877-877-4553 • www.bestwesternbannereik.com

\$79 per room

Sugar Mountain Accommodations Center

1-800-545-9475 • www.staysugar.com

30% discount

www.skisugar.com/specials



Sugar Mountain Resort
2011 Preseason Ski Clinic
P.O. Box 369
Banner Elk, NC 28604

SUGAR MOUNTAIN RESORT

Preseason Ski Clinic

December 9-11, 2011



Keely Kelleher



SKI BETTER

With Olympic Gold & Silver Medalist, Diann Roffe and 2010 US National Super G Champion Keely Kelleher



1009 Sugar Mountain Drive
Sugar Mountain, NC 28604

www.skisugar.com
1-800-SUGAR MT



Sugar Mountain Resort Preseason Ski Clinic

2011 • ENTRY FORM

In consideration of the acceptance of my application in the Sugar Mountain Resort Preseason Ski Clinic held at Sugar Mountain Resort, Inc., I hereby waive, release and discharge any and all claims for damages including, personal injury, death, or property damage which I may incur, or which may hereafter accrue to me as a result of my participation in Sugar Mountain Resort's Preseason Ski Clinic. This release is to discharge in advance Sugar Mountain Resort, Inc., its agents and employees from and against any and all liability out of or connected in any way with my participation in Sugar Mountain Resort's Preseason Ski Clinic. I also agree to wear goggles during all training and racing sessions and cooperate with the Sugar Mountain coaching staff.

I further understand that serious accidents occasionally occur while skiing and that skiers occasionally sustain mortal and serious personal injuries, and/or property damage as a consequence thereof. Knowing the risks of ski racing and training, nevertheless, I hereby agree to assume those risks and to release and hold harmless the persons or entities mentioned above.

I hereby grant Sugar Mountain Resort, Inc. the right to take and utilize photographs of me participating in this activity for the purpose of promotion and advertising.

Signature of Applicant

Signature of Parent or Guardian
(if participant is a minor)

Age: _____ Gender: _____

Club / Affiliation: _____

Name (print): _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email Address: _____

SKI-LL Level (No beginners, see front): _____

\$150 (3 days) season pass holders

\$225 (3 days) non-season pass holders

\$60 (daily) season pass holders *(excludes dinner)*
Which Day? _____

\$85 (daily) non-season pass holders *(excludes dinner)*
Which Day? _____

\$18/person - dinner guest

Payment Method: _____

Cash Check Visa Mastercard

Card Number: _____

Expiration Date: _____

Signature: _____

Fax application to: 828-898-6820

Please make checks payable to:

Sugar Mountain Resort, Inc.

Preseason Ski Clinic

P.O. Box 369 • Banner Elk, NC 28604

You will receive a confirmation.

Date Paid: _____ Rcvd By: _____

SCHEDULE

Tentative Daily Schedule *(subject to change)*

Friday, December 9, 2011

- 8:30 - 9:30 Camp orientation in base lodge - 3rd Floor.
- 9:30 - 10:00 Freeski, warm-up, Giant Slalom skis.
- 10:00 - 11:30 GS technique drills.
- 11:30 - 12:30 Lunch (on your own).
- 12:30 - 1:00 Freeski, warm-up, GS.
- 1:00 - 2:00 GS race course drills, (video).
- 2:00 - 4:00 GS full-length course, (video).
- 4:30 - 5:30 Video analysis - 3rd Floor.
(Sean and Keely)
- 6:00 Tuning Clinic (tentative)

Saturday, December 10, 2011

- 8:30 Meet on 3rd floor
- 9:00 - 10:00 Group freeski, GS instruction, pick-up from yesterday.
- 10:00 - 12:00 GS full-length course, (video).
- 12:00 - 1:00 Lunch (on your own).
- 1:00 - 1:30 Slalom freeski, warm-up.
- 1:30 - 4:00 SL freeski drills and drill courses, (video).
- 4:30 - 5:30 Video analysis - 3rd Floor
(Jon and Diann)
- 6:00 Group dinner - 3rd Floor
(Guests may accompany clinic participants for dinner - \$18/person)

Sunday, December 11, 2011

- 8:30 Meet on 3rd floor
 - 9:00 - 9:30 SL freeski, warm-up.
 - 9:30 - 12:00 Full-length SL course training, (video).
 - 12:00 - 1:00 Lunch (on your own).
 - 1:00 - 3:00 Nastar race / Crescent qualifying, inspection, 2 race runs.
- DEPARTURE----

PLEASE RETURN THIS PORTION TO SUGAR MOUNTAIN RESORT

STAFF

- **Diann Roffe**
Olympic Gold Medalist (1994)
Olympic Silver Medalist (1992)
- **Keely Kelleher**
2010 US National Super G Champion
- **Sean McKee**
- **Jon Rucker**
...and more.

OTHER EVENTS @ SUGAR

December 10 & 11, 2011

SugarFest '11

www.seesugar.com/sugarfest

December 31, 2011

New Year's Celebration

January 7, 2012

National Winter Trails Day

January 7 & 8, February 11 & 12, 2012

Crescent Ski Council Competition

March 5, 2012

Richard T. Trundy Memorial Sugar Cup Competition

March 18, 2012

Easter Egg Hunt

View the full event calendar at:

www.skisugar.com/calendar



Questions?

(828) 898-4521

or

events@skisugar.com