

Citizens Ski Race Training Day

DETAILS:

When: January 13, 2017

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:

skiracereg.com/cochrans

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

SCHEDULE

8:00: Registration

(Register on 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 & National Champions: Jim Cochran, Lindy Kelley & Bobby Cochran
- ♦ Ski racing fundamentals: techniques and tactics
- ♦ GS training session & optional SL training session
- ♦ Video of your racing
- ♦ Short Term USSA Masters license for a NEMS race

Sign Me Up!

Register online at www.skiracereg.com

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

Questions or Concerns Please Contact:

Ben Green ben_9018@yahoo.com

Katie Green kgeorge37@gmail.com

