



**Team Breckenridge Sports Club/ Crested Butte Mountain Sports Team  
Mt. Hood Summer Camp 2019  
Fact Sheet**

**Hello All Summer Camp Athletes and Parents,**

*Please carefully review the following important information for all attendees at the 2019 TBK & CBMST Mt. Hood Summer Camp.*

**Camp Goals:**

Team Breckenridge & Crested Butte Mountain Sports Clubs Summer Camp provides opportunities to all athletes to grow in the sport and as a person, while optimizing training environments and educational progressions on and off the hill. The objective to fully utilize the training environment to grow as athletes, in relationships with teammates and coaches, and gain knowledge of skiing and conditioning potential within the values of Team Breckenridge and Crested Butte Mountain Sports Team.

**Goals:**

- ☐ Cultural ski racing knowledge and experience
- ☐ Fundamental technical progression
- ☐ Educational introductory lectures in nutrition, sports psychology, goal setting, and being students of sport and ski racing first hand
- ☐ Continued strength, power, agility, and recovery conditioning skills
- ☐ Lifetime skills to grow as a person and through sport
- ☐ Equipment testing

**Camp Dates:**

[June 12, 2019 - June 21, 2019](#)

June 12- Arrival at Portland Int. Airport

June 13- June 16 On Snow Block 1, GS Progression

June 17- Day Off/ Recovery Day (weather permitting)

June 18- June 21 On Snow Block 2 , SL Progression

June 21 Evening Departure\*.

[CLICK HERE for Registration Link](#)

**Timberline Liability Release**

*A Release form from Timberline Ski Area will be signed during registration. **Due at the time of registration***



**Team Breckenridge Sports Club / Crested Butte Mountain Sports Team  
Hood 2019 Summer Camp**

**Coaches:**

Jared Hedges Lead on Hill Coach/ Tuning & Video Lead

(315) 254-7295/ [jredhed@gmail.com](mailto:jredhed@gmail.com)

Jared brings his enthusiasm about ski racing and 20 years of Mt Hood experience to this camp. Jared has the ability to get the most out of his athletes while keeping the atmosphere light and emphasizing fun, he also knows where every cold soak pool in the Mt. Hood area is. TBK will have a second coach attend depending on athlete group size to keep the ratio small for the best training environment opportunity.

Conor Lynch Lead On Hill Coach/ Lead Conditioning

(970) 901-9829/ [cwlynch@vailresorts.com](mailto:cwlynch@vailresorts.com)

Conor has an extremely great eye and passion for the sport of ski racing that brings enthusiasm, dynamic skill set, and developmental concepts to every level of the events of ski racing. Conor is the head coach for Crested Butte Mountain Sports Team, and as TBK and CBMST continue to work together to provide a professional, progressive environment for all athletes. Conor expertise in sports psychology, conditioning, on hill progression work, ski tuning and much more is a great asset for all athletes.

Chuck Roth - Admin Assist On and Off Hill

(970) 389-4963/ [crothra@gmail.com](mailto:crothra@gmail.com)

Chuck has been a lead coach for 15+ years of Team Breck Summer Camps, including many trips to Mt. Hood and to Hintertux. With many years of ski racing, and ski coaching experience. Chuck's passion and knowledge for skiing is a teaching tool that athletes enjoy and learn to share his same passion. Chuck is excited to the opportunity to watch athletes grow in this environment! Due to injury and the arrival of a baby girl, Chuck will not be making the trip to Oregon

*\*\* Other coaching staff to be named, depending on athlete ratio numbers.*

**Chaperones:**

A full time chaperone will stay with athletes and camp staff to assist lead coaches during the trip. The chaperone will help with all off hill activities, and be available day and night for any emergencies that may occur. They will also be able to assist our younger athletes in our camp environment, and will be helping with nutrition, meal preparation, and transportation.



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## **Lodging:**

Athletes will be appropriately assigned into rooms located in Government Camp, OR at the base of Timberline Rd. *Subject to change with respect to athlete numbers attending camp.*

TBK Summer Camp House Address:  
89025 E. Lige Lane  
Government Camp, OR 97028

## **Travel and Transportation:**

All athletes and families are responsible for arranging air travel on appropriate dates. Coaches/chaperones will arrange airport pickup and drop off on June 12 and June 21. This information will be email to each athlete when registration is complete, as we would like all athletes on similar flights, as many are minors.

## **Air Travel:**

Southwest Airlines offer great deals from DIA to Portland.

During camp transportation will be provided to and from the hill and conditioning activities.

Flight Information:  
TBA April 15th

*Please respond with your travel/flight information. Most travel arrangements will coordinate with other athletes at the camp.*

## **Transportation of ski gear:**

*Coaches will transport skis, boots, poles, benches & tool-boxes round trip from Breckenridge (please note only above items, not extra clothing and bags).*

**EQUIPMENT DROP OFF DATE:**

**TBA: approximately Saturday June 9, 2018 @ 3:00pm at TBK Shop on Airport Road.**



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## MT HOOD TYPICAL DAILY CAMP SCHEDULE

6:00 am	Wake up/Stretch
6:30	Breakfast
7:00-1:00	On-snow Training
11:00	Lunch/snack
1:00	Return to Housing
1:00-3:00	Ski Preparation/ free time/ time to visit ski companies
3:00-5:00	Conditioning
5:30	Dinner
6:30	Evening Wrap Up/ Educational lecture series
7:30	Video & Ski Preparation/ Free time
9:30 pm	Lights out

At the time of registration, athlete responsibilities will be noted, request for meal/food preferences, chaperone responsibilities, packing list, and athletic participation packet will be provided.

### Camp Fees:

Camp cost: \$2,295

Camp costs includes: Coaching, hill space, lift tickets, housing, and meals.

\*\* RSVP by April 15. Payment received by May 20th

[CLICK HERE for Registration Link](#)

*\*\*An Additional Fee for Air Transportation, see information above.*

### Other Notes:

Summer Camp: 2nd year U12 and older (or going into second year of Age Class). All athletes must show strong intent by participating in 6 + spring camps and by coaches referral.

*Team Breckenridge Sports Club* Summer camp environment is advanced and for the mature athlete. It is our view that it is not athletically necessary for a U10 or 1st year U12 athlete to participate in summer camps, with consideration to the long term progression and financial commitment to the sport.

**\*\*NEW FOR 2019: August Summer Camp** will be offered this season. August Hood Camp will be for those looking to expand summer camp into another week training session, and have attending June Summer Camp or by coach discretion. This is will be an excellent opportunity for U14+ Athletes.



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