



Summer Camp

20 and 46 Meter Hill Training

August 25-26, 2018

(\$60 per skier/\$130 family max)

Skiers are made in the summer!

Join us for fun in the sun and ways to improve your:

- Ⓢ Flexibility and Agility
- Ⓢ Knowledge and Technique
- Ⓢ Strength and Conditioning
- Ⓢ Love for ski jumping

Parents/coaches: get tips to help your jumpers and improve your club program, training sessions, etc.

Saturday, August 25

- Ⓢ 9-noon Jump Session
- Ⓢ Noon – 1pm Lunch at the hill
- Ⓢ Afternoon session begins with warmups @ 1:15 pm
- Ⓢ 4-6 pm Parent/Child Olympics

Sunday, August 26

- Ⓢ 9-noon Jump Session
- Ⓢ Noon – 1pm Lunch at the hill
- Ⓢ Training review/wrap up
- Ⓢ 2 pm Olympic awards/end of camp

*Meals provided for registered skiers.
Parents/non jumping siblings may eat
for \$5*

- Ⓢ Area hotels are available in Woodbury and Cottage Grove
- Ⓢ Camping at the hill is always available
- Ⓢ Family hosts are available as well

*For more information, contact the St.
Paul Ski Club:*

stpaulskiclub@gmail.com

Preregistration is recommended