



# SUNDAY

## RACE TRAINING SESSIONS 2017

Sunday Race Training is for the advanced adult skier who is looking to fine tune their style, speed and technique on the race course and on a variety of terrain and snow conditions. Head out with Thredbo's top trainers for an intensive gates and technique session, they will share their tips and knowledge and have you carving up the course and the mountain with confidence. These training sessions will give you the skills you need to compete in the annual Thredbo Masters Race.

DATES	Sunday 16 <sup>th</sup> July , Sunday 23 <sup>rd</sup> July, Sunday 30 <sup>th</sup> July, Sunday 6 <sup>th</sup> August, Sunday 13 <sup>th</sup> August, Sunday 20 <sup>th</sup> August, Sunday 27 <sup>th</sup> August & Sunday 3 <sup>rd</sup> September
TIMES & COST	These are 3 hour training sessions  All 8 Sessions 3 hour training – 8.30 - 11.30am \$621.00 excluding lift ticket  Individual Sessions 3 hour training – 8.30 - 11.30am \$112.00 excluding lift ticket
INCLUSIONS	3 hours tuition Specific drill courses for alpine gate training, full GS race course set for training and some timed training sessions
REQUIREMENTS	Participants must be over 18 years of age or older Level 7 skiers and above ie confident on black runs
MEETING AREA	For the three hour 8.30am session - 8.15am base of the Kosciuszko Express
BOOKINGS	Essential as spaces are limited Book via Thredbo eStore - <a href="http://store.thredbo.com.au/estore">http://store.thredbo.com.au/estore</a> Payment must be made by 5pm the day prior to the session Call 02 6459 4044 Email <a href="mailto:snowsportsbookings@thredbo.com.au">snowsportsbookings@thredbo.com.au</a> for more information



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