



# SUNDAY

## RACE TRAINING SESSIONS

### 2018

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 22 <sup>nd</sup> July , Sunday 29 <sup>th</sup> July, Sunday 5 <sup>th</sup> August, Sunday 12 <sup>th</sup> August, Sunday 19 <sup>th</sup> August, Sunday 26 <sup>th</sup> August & Sunday 2 <sup>nd</sup> September, Sunday 9 <sup>th</sup> September
TIMES & COST	<p>These are 3 hour training sessions</p> <p><b>All 8 Sessions</b> 3 hour training – 8.30am - 11.30am \$640.00 excluding lift ticket</p> <p><b>Individual Sessions</b> 3 hour training – 8.30am - 11.30am \$115.00 excluding lift ticket</p>
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	Meeting at 8.15am for an 8.30am start at the base of the Kosciuszko Express
BOOKINGS	<p>Essential as spaces are limited</p> <p>Book via Thredbo eStore - <a href="http://store.thredbo.com.au/estore">http://store.thredbo.com.au/estore</a></p> <p>Payment must be made by 5pm the day prior to the session</p> <p>Call - (02) 6459 4044</p> <p>Email - <a href="mailto:snowsportsbookings@thredbo.com.au">snowsportsbookings@thredbo.com.au</a> for more information</p>

