



SUNDAY

RACE TRAINING SESSIONS

2019

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 21 st July , Sunday 28 th July, Sunday 4 th August, Sunday 11 th August, Sunday 18 th August, Sunday 25 th August Sunday 1 st September & Sunday 8 th September
TIMES & COST	These are 4 hour training sessions All 8 Sessions 4 hour training – 8.30am - 12.30pm - \$740 lesson only Individual Sessions 4 hour training – 8.30am - 12.30pm - \$133 lesson only
INCLUSIONS	4 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, which is confidently skiing on black runs
MEETING AREA	Meeting at 8.15am for an 8.30am start at the base of the Kosciuszko Express
BOOKINGS	Essential as spaces are limited Payment must be made online by 5pm the day prior to the session Book via Thredbo eStore - https://shop.thredbo.com.au/#/racing-training-programs Call (02) 6459 4044 or email snowsportsbookings@evt.com for more information

