

Eric D. Dettenrieder Race Camp

February 22 - 24, 2012

- tactics
- technique
- video analysis
- conditioning
- yoga

Fee: \$25

The EDD Race Camp is funded by grants from the Eric D. Dettenrieder Memorial Fund and DSUSA.

Diana Golden/Mills Cup Level 1 Race

February 25, 2012

Fee: \$45

Prices for all both events include lift tickets & lunch

To register visit

www.adaptivesportsfoundation.org/programs/competition-programs/races/edd-race-camp-goldenmills-cup-race/

Questions? Contact ASF Program Director Pam Greene at 518.734.5070 or pgreene@mhicable.com



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Eric D. Dettenrieder Race Camp and Diana Golden/Mills Cup Level 1 Race

Featuring
former U.S. Adaptive
Alpine Team Coach
Eric Leirfallom

February 22-25, 2012
Windham Mountain, NY



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Join us for the Eric D. Dettenrieder Race Camp and the Diana Golden/Mills Cup Level 1 Race February 22 - 25, 2012, Windham Mountain, NY

Special guest coach, former US Adaptive Alpine Team Assistant Coach Erik Leirfallom, and Adaptive Sports Foundation race coaches will lead the Eric D. Dettenrieder Race Camp February 22 - 24. The Eric D. Dettenrieder Race Camp offers new or experienced racers excellent coaching on technique and tactics. Any person with a physical or cognitive disability may participate. The Eric D. Dettenrieder Race Camp will be followed by a Diana Golden Level 1 race on Saturday, February 25, 2012. The Golden Cup Series memorializes US and World Champion skier Diana Golden and is intended to promote the sport of ski racing to athletes with disabilities on the East Coast.

The Eric D. Dettenrieder Race Camp includes coaching on ski and snowboard technique through fundamental drills, tactics of racing in a course, and video analysis of the training sessions. After each day of training on snow, there are indoor sessions on tactics and line, yoga, and conditioning. The training takes place mostly on intermediate and easier expert terrain, so participants must feel comfortable on that terrain.

Saturday's race is open to skiers and snowboarders and takes place on Lower Wheelchair, home of the Windham NASTAR course. To make the race competitive between people with varying disabilities, times are factored or multiplied by a number based on your disability classification. Racers with cognitive disabilities are invited to participate in the Mills Cup division of the race. Gold, silver and bronze medals are awarded in all categories.

The fee for the Eric D. Dettenrieder Race Camp is \$25 thanks to grants from the Eric D. Dettenrieder Memorial Fund and DSUSA.

The cost of the Diana Golden/Mills Cup Level 1 Race is \$45.

All prices include lift tickets and lunch.

To register please visit: www.adaptivesportsfoundation.org/programs/competition-programs/races/edd-race-camp-goldenmills-cup-race/

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