

# 2009 RXCSF Youth Skiing Holiday Racing Camp

PRESENTED BY:

*Rochester Cross Country Ski Foundation*



- **What:** 3<sup>rd</sup> Annual Holiday Week Camp for Aspiring Ski Racers J6 thru J2. December 28<sup>th</sup> and 29<sup>th</sup>; 9:00am to 3:00pm both days; BYOL. Includes instruction & video analysis in Classic & Freestyle techniques, skill-building games, sprint & relay races, race preparation/tactics, introduction to grip waxing & more. Includes evaluation, DVD video, energy drinks & healthy snacks.
- **Where:** Bristol Mountain Summit XC Center, South Bristol, NY, approx. 30 minutes south of Rochester NY. Bristol Mountain's snowmaking capabilities and professional grooming assures great camp ski conditions.
- **Who:** Open to *any/all J6 thru J2 racers* of all abilities including first-time racers and seasoned veterans. Supplement your regular programs and coaching. Participants must have at least some XC Sport Skiing experience in both Classic and Skate techniques; this is not a learn-to-ski event.
- **Cost:** Camp Fee \$30 (add \$5 non-NYSSRA); checks to "RXCSF Youth Skiing". Pre-registration via [www.SkiReg.com](http://www.SkiReg.com) by 24Dec08 suggested but day-of-camp registration available. Purchase trail passes separately as required.
- **Contact Info:** RXCSF, PO Box 482, Mendon, NY 14606, 585-924-9645, [info@xcrochester.com](mailto:info@xcrochester.com)
- **Coaches:** Instruction/coaching provided by the staff of GVBKYS / RXCSF Youth Skiing.

For more about GVBKYS and the Rochester XC Ski Foundation, please visit:

[www.xcrochester.com](http://www.xcrochester.com)