

Jump start your season by joining Olympic ski racers Libby Ludlow and Scott Macartney for a weekend of ski specific training and injury prevention techniques



Boot Camp

September 24-25



Coaches have a combined 30 years of U.S. Ski Team and coaching experience

Overview

Boot Camp is a two day seminar focused on educating the junior ski racer in injury prevention and ski-specific training techniques.

Three of the Northwest's most successful ski racing professionals teamed up with Olympic Physical Therapy to create a program providing the knowledge and resources necessary for young athletes to take their skiing to the next level and remain injury-free.

In addition to valuable education in sport-specific conditioning, each athlete will receive an injury screening performed by a qualified OPT physical therapist to help pinpoint possible weaknesses and imbalances. Athletes will also gain exposure to nutrition, goal-setting, and visualization techniques used by U.S. Ski Team athletes.

Costs include:

- OPT injury screening
- Over 8 hours instruction including: ski specific conditioning, goal setting, nutrition, and visualization
- Water Bottle
- Nutritious snacks and drinks at both sessions
- Summary handout and training program
- Additional training tips, ideas, and concepts



Boot Camp Schedule

Saturday

Olympic Physical Therapy
11800 NE 128th St # 400
Kirkland, WA

- 1:00 Injury Prevention Presentation—*(Parents Welcome)*
- 2:30-5:30 Injury screenings, body alignment, ski specific lifting and goal setting.

Sunday

Robinswood Park
South West Grass fields
2430 148th Ave SE
Bellevue, WA

- 8:00-12:30 Ski specific workouts including pre-ski warm up, balance and core, anaerobic workout, visualization, nutrition presentation, and yoga for skiers.

Camp Directors

September 24-25

Cost \$250

Limit 25 athletes J3 and Older

Registration online at
tasskiteam.org



Scott Macartney
CEO World Cup Dreams
2002, 2006 Olympian
12 Years U.S. Ski Team
2 World Cup Podiums



Evan Weiss
TAS Program Director
Former NCAA Coach
U.S. Ski Team Alumni
NCAA All-American



Libby Ludlow
Yoga Instructor/Life Coach
2006 Olympian
National Champion
10 Years U.S. Ski Team