



Advanced Skiing and Race Training Programs for Adults

Recreational and NASTAR Race Training Sessions

Tuesdays 6:30-8:30 PM

Conducted by PSIA Certified Instructors Steve Travis and Rick McCurdy.

Training sessions for skiers and recreational racers that would like to run training courses with coaching provided. Practice will be on Tog's NASTAR course on Doc's Run. Short practice courses will be set with helper and brush gates to identify the 'Rise Line.' Concentration will be on proper ski and race technique, race tactics and line. NASTAR courses with timed runs are included in the training program.

Timed runs will be submitted to NASTAR – 2 included with each session.

Advanced Skiing Clinic

Tuesdays 7-9 PM or Sundays

Conducted by PSIA Certified Instructor Jeff Jacobs.

Instruction will focus on improving ski technique and skills that enhance a skier's ability to enjoy varying mountain terrain and conditions, including moguls, steeps, and ice.

Instruction will also cover carved turns and introduction to entry level recreational/NASTAR racing.

Timed runs will be submitted to NASTAR – 2 included with each session.

Six 2-hour adult lessons

All season TUESDAY or SUNDAY pass

Cost: Tuesdays \$120; Sundays \$170

Season Pass holders: Tuesdays \$85; Sundays \$100

2016-17 Season start date: Tuesday, Jan. 10 at 6:30 and 7 PM, and following Sunday at 10 AM.



**Advanced Skiing and Race Training
Programs for Adults
CLINIC REGISTRATION**

Please print this form, fill it out, and mail it -- or bring it -- with payment to:

Toggenburg Mountain;
1135 Toggenburg Road;
Fabius, NY 13063

Name _____
Address _____
City _____ State _____ ZIP _____
Telephone _____ Email _____@_____
Date of Birth _____

- Advanced Skiing Clinic -- Tuesdays
\$120 including pass; \$85 w/season pass

- Advanced Skiing Clinic -- Sundays
\$170 including pass; \$100 w/season pass

- Recreational Race Training -- Tuesdays
\$120 including pass; \$85 w/season pass

METHOD of PAYMENT:

Check: Amount Enclosed \$ _____

Credit Card: Visa, MC ,Discover Card Number: _____

Exp. Date: _____

Card Security Code: _____

Signature: _____

Date: _____