



Recreational & NASTAR Race Training Sessions – Tues. 6:30 – 8:30 pm

Conducted by 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 set on Main Hill. Early Season - short practice courses 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 included in training program.

Training Runs are Timed with **NASTAR SYSTEM**.

Timed Runs Submitted to NASTAR – 2 Included with each Session

Advanced Skier Clinic – Tuesdays 7-9 pm

Instruction will focus on improving ski technique and skills that enhance 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 Submitted to NASTAR – 2 Included with each Session

- **Six 2 hour Adult Sessions**
- Includes ~ TUESDAY Lift Pass and Lesson
- Cost: \$135.00
- **Season Pass Holders - \$100.00**

2017-18 Season Start Date ~ Tuesday Jan. 9th ~ Please be at the mountain by 6:30pm
For more information contact Sheila Larkin at Toggenburg, 315-683-5842.

Advanced Skiing and Race Training Programs CLINIC REGISTRATION

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

Toggenburg Mountain
1135 Toggenburg Road
PO BOX 162
Fabius, NY 13063

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

- Advanced Skiing Clinic -- Tuesdays**
\$135 includes a pass; \$100 w/season pass

- Recreational Race Training -- Tuesdays**
\$135 includes a pass; \$100 w/season pass

METHOD of PAYMENT:

Check: Amount Enclosed \$ _____

Credit Card: Visa, MC ,Discover Card Number: _____ Exp. Date: _____
Card Security Code: _____

Signature: _____ Date: _____