

MBSEF's Fire and Ice

is **Summer On Snow XC Ski Camp**

June 16-20

**Daily Skiing on the Groomed World Class Trails
of Mt. Bachelor**



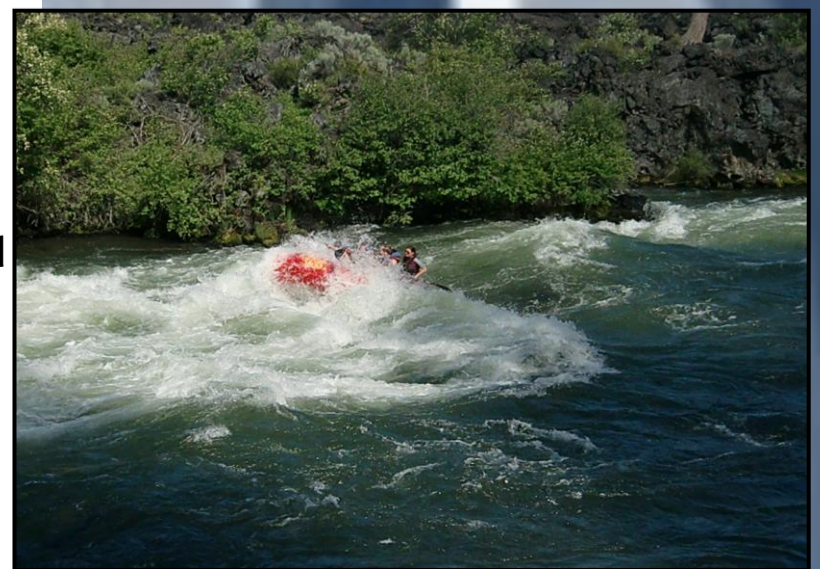
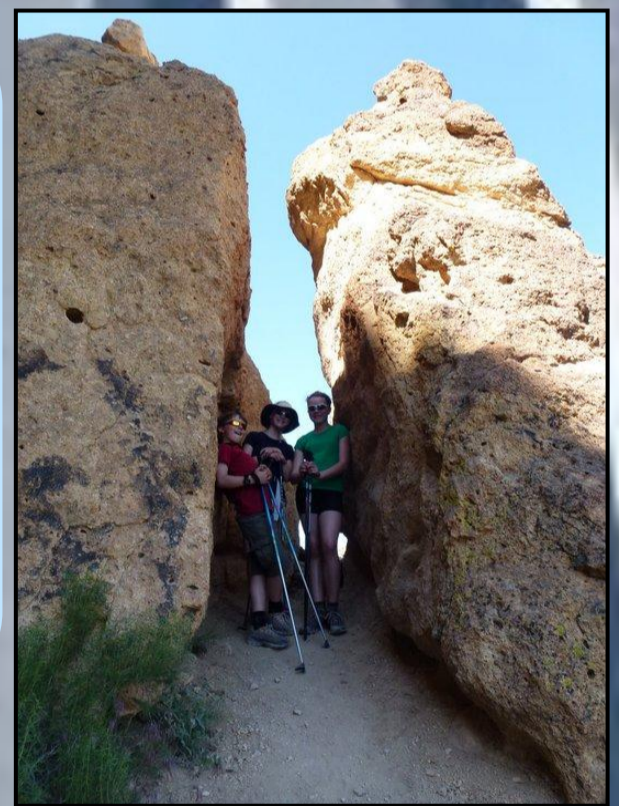
Featuring:

- Five days of on snow skiing with 15k's of groomed world class ski trails.
- Daily video review.
- Daily dryland training and instruction.
- Other Camp activities:
 - Deschutes River raft trip.
 - Barbeque.
 - Dryland training.
 - Swimming.
- Coaching:
 - Lars Flora, 2 time Olympian, Head Coach of Fire and Ice,
 - Torin Koos, 3 time Olympian, World Cup Podium Winner, PNSA born and bred.
 - Matt Llebsch, American Birkie Champ, Sochi Olympic Hopeful.
 - Dan Simoneau, Nordic Program Director at MBSEF, 2011 PNSA Outstanding Nordic coach of the year,
 - Anna Schultz, MBSEF Assistant Coach, Captain of Harvard Skiing,
- Ages 10 to masters
- Bag lunch at MBSEF or a local park.
- Things to bring:
 - Classic and skating equipment
 - Ski clothes for blizzards, rain, and hot sun.
 - Sunscreen
 - Water bottle and carrier.
 - Roller skis if you have them.
 - Bag lunches.
 - Running shoes
- A limited amount of host housing is available thanks to the generous families and supporters of MBSEF.
- Transportation from Bend to Mt. Bachelor is available on a first come first serve basis.
- Cost is \$325. Thanks to a grant from PNSA and support from MBSEF, members of PNSA clubs and MBSEF receive a \$75 discount.
- To register call MBSEF at 541-388-0002 with your credit card, name, email, age, and phone number. Then bring the registration form and liability release to the first day of camp.

You can't beat Fire and Ice for the start of your next ski year. With ample snow on competition quality trails and world class grooming, skiers can lay down a solid base of technique and fitness to build on all year.

"A perfect training day in June, starts out with a morning on-snow session at Mt. Bachelor and hill bounding in town with a jump in the Deschutes! This is what I did growing up at Bend Camp and this is why I moved back to the best skiing in North America."

Lars Flora



Fire and Ice

2012

Camp Schedule

Saturday, June 16th

7:00 MBSEF Office Opens,
8:00 Leave for Skiing (Skating),
8:45 – 10:45 Skiing,
11:15 – Leave for MBSEF,
12:00 – 2:00, Lunch, Video, etc.,
2:00 – 3:45 Dryland,
5:00 Pick Up at MBSEF.

Sunday, June 17th

7:00 MBSEF Office Opens,
8:00 Leave for Skiing (Classic),
8:45 – 10:45 Skiing,
11:15 – Leave for MBSEF,
12:00 – 2:00, Lunch, Video, etc.,
2:00 – 3:45, ½ to Strength, ½ to Bounding,
4:00 – Free Time - Pick Up.

Monday, June 18th

7:00 MBSEF Office Opens,
8:00 Leave for Skiing (Classic),
8:45 – 10:45 Skiing,
11:15 – Leave for MBSEF,
12:00 – 2:00, Lunch, Video, etc.,
2:00 – 3:45, ½ to Strength, ½ to Bounding,
4:00 Pick Up.

Tuesday, June 19th

7:00 MBSEF Office Opens,
8:00 Leave for Skiing (Skating),
8:45 – 10:45 Skiing,
11:15 – Leave for MBSEF,
12:00 – 2:00, Lunch, Video, etc.,
2:00 – 3:00, Run,
3:00 - 5:00, Raft Trip,
5:30 – 7:00, Barbeque,
7:00, Pick Up.

Wednesday, June 20th

7:00 MBSEF Office Opens,
8:00 Leave for Skiing (Skating),
8:45 – 10:45 Skiing,
11:15 – Leave for MBSEF,
12:00 – 2:00, Lunch, Video, etc.,
2:00 – 4:00 Roller skiing,
5:00 Pick Up.

