



French-Swiss Jr. Race Training

2009-2010

Special training designed for Intermediate or Advanced skiers, ages 4-18, who want fun-oriented race training. Sign up for one, two or all three programs. Practice running gates and participate in the High Country Jr. Alpine Race Series. Visit the Race Team website at: www.hcjr.com

Workshop

Saturday Night December 19, 2009 Cost: \$44*

**6:00 pm: Meet at “*Ski School Meets Here*” sign
6 - 9 pm: Race Training**

Friday Nights

5 Sessions: January 1, 8, 22, 29, & February 5 Cost: \$94*

**6:20 pm: Meet at “*Ski School Meets Here*” sign
6:30 – 7:30 pm: Race Training**

Saturday Mornings

4 Sessions: January 2, 9, 23, 30 Cost: \$75*

**9 am: Meet at “*Ski School Meets Here*” sign
9:15 – 10:15 am: Race Training**

* Cost does not include slope ticket or equipment rental. Register and pay fees at the French-Swiss Ski College office at Appalachian Ski Mtn. at least one week before your session starts.

Call French-Swiss at 828-295-9311 for more information.

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