

# PICO PERFORMANCE CAMPS

Pico Racing Program will be offering 6-one week Performance Camps throughout the season. These camps are designed to give Pico racers an opportunity to gain additional on-snow training, video analysis and conditioning in a small focused group.

In conjunction with the skiing component, athletes attending the Pico Performance Camps (PPC) will maintain their academic lessons Monday -Thursday with tutorial support. The academic block will be conducted at the Rutland Free Library. The Rutland Free Library provides wireless internet access. Additionally, there is access to computers for those who may not have their own laptops. No academic block is scheduled on Fridays to allow for a full day of on-hill training. (Note: Athletes who have not completed all their academic assignments will not be allowed to train on Friday until all academic work is completed and reviewed).

These camps are designed for athletes in grades 7-12. Parents will need to consult with the Principal and Guidance Office at the child's school prior to registering for a Pico Performance Camp session. It is recommended that you give your school administration as much advanced notice as possible, regarding the Session that you would like to attend. All athletes must be in good academic standing, maintaining at least a B average in their studies at the time they are attending one of the Pico Performance Camps.

## **Pico Performance Camp Sessions:**

**Athletes per session:** Minimum of 3 and maximum of 8

**Cost per session:** \$ 500.00 per athlete (cost for January 3-6 is \$400)

**Registration:** Complete the attached form and mail with payment to the address listed on the form. Program space is available on a first-come, first-served basis.

Session 1A: January 3-6

Session 1B: January 9-13

Session 2A: January 30-February 3

Session 2B: February 6- 10

Session 3A: March 5-9

Session 3B: March 12-16

## **Pico Performance Camp Daily Schedule:**

9:00-11:15 a.m.            On-hill training

11:15 a.m.-12:00 p.m.    Lunch

12:00-2:30 p.m.           On-hill training and conditioning

3:00- 6:00 p.m.                      Academic Block

To register for the Pico Performance Camps please fill out the PPC Registration form and return with payment to Meg Horrocks, Race Administrator, PO Box 341, Rutland, VT 05701. Payment may be made with a check payable to *Pico Ski Club Race Program*.

Registration deadlines are 10 business days prior to camp start date.

If you have any questions, please contact Lori McClallen via email at [lori.mcclallen@gmail.com](mailto:lori.mcclallen@gmail.com) or by phone at (802) 236-5403.

## PICO PERFORMANCE CAMP REGISTRATION

**Athlete Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_                      **Race Program:** \_\_\_\_\_  
(Jones/J3/J1/J2)

**Please indicate which PPC session(s) you would like to attend:**

\_\_\_ Session 1A: January 3 – January 6

\_\_\_ Session 1B: January 9 – January 16

\_\_\_ Session 2A: January 30 – February 3

\_\_\_ Session 2B: February 6 – February 10

\_\_\_ Session 3A: March 5 – March 9

\_\_\_ Session 3B: March 12 – March 16

**Parent/Guardian Name:** \_\_\_\_\_

**Best form(s) of contact (email, cell phone...):**

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