



**NORWAY, MICHIGAN  
INDIANHEAD, MICHIGAN  
A-BASIN, COLORADO**

[WWW.NORWAYMOUNTAIN.COM/TEAMNORWAY](http://WWW.NORWAYMOUNTAIN.COM/TEAMNORWAY)

Dear Parents and Ski Racers:

This year's TEAM NORWAY Colorado Fall Camp promises to be one of the best ever. We will be training from November 15-23. You **MUST** send in your camp registration, Medical Release Form and deposit (\$500) by October 1, 2008. The Colorado Camp is limited to racers 12 years and older. All racers should plan on making flight arrangements as soon as possible. This camp will be limited to 40 athletes. I need all athletes that are planning to go to Colorado to make sure that their flight to Denver, CO arrives before 2 PM on Saturday, November 15<sup>th</sup>. The departure flights should be on Sunday, November 23<sup>rd</sup> between 9AM and 12 Noon. All ground transportation is covered in your camp registration fees. The price of my Colorado Fall Camp has increased this year by \$30 to cover the increase in van rentals and the increase in the price of gas. **Please be aware how you pack. Each Airline is charging now for additional bags.**

TEAM NORWAY "FIS" Team Coach, RJ Lawrence, TEAM NORWAY Speed Coach, Don Postle, Strength and Conditioning Coach, LaMoyne Hawley and Head "TEAM NORWAY – ROCKY Coach, Ed Gassman will join the TEAM NORWAY staff to make this a very important camp to get your season started out right.

This year's camp will include some sessions of Slalom. You will need your SL skis only. Do not bring Slalom Armor or SL poles. The major portion of the camp focus will be training mountain GS. ***You will need your GS suit and helmet for all sessions.***

We will be staying in Dillon, CO at the Dillon Inn (970-668-3311), which is where we stayed last year. You will need money for food. Most athletes spend between \$80-\$150 US. My coaching staff oversees what food is being bought. We will go grocery shopping about three times during the camp.

All athletes should begin a dry-land training program by September 1. It should include weight lifting, along with running some sprints. Running hills at this time is good also. **THE MOST IMPORTANT ASPECT OF TRAINING IN THE MOUNTAINS IS HYDRATION. All racers should be drinking at least 5 liters of water per day at least one week before November 15<sup>th</sup>.**

Think SNOW, Think COLD,

Ron Lawrence  
Team Norway Program Director/Head Coach