



# Snowboard & Park Ski Spring & Summer Training Camps

## Palisades Spring Camps - May 10 - 12 & May 17 - 19

This season we will once again be offering spring training camps at the Spring Skiing/Riding Capital. Palisades always puts together an excellent spring park. This is a great opportunity for our athletes to learn some new tricks while they are at peak riding ability. The sunny days and soft snow make for a lower consequence environment to push your limits. Join us for all days or just what you can make happen. Athletes will need to purchase day tickets or an IKON pass that will work for the remainder of this season and next season. Coaching only - \$125 per day

[REGISTER HERE](#)

## Mammoth High Performance Camps - INVITE ONLY

With the low snow year so far, it is difficult to say who will be offering camps and when. Our goal is to get athletes on-snow with Air Bags for Halfpipe and Slopestyle athletes. This will be targeted at our FIS level athletes competing in Rev Tour and Futures Tour. We are looking at Mammoth, Copper, Whistler, Mt Hood, and others to see which location and timeline would make the most sense. We will be sure to let you all know as soon as we receive schedules and make a plan. Camp pricing based on participation.

**Prospective dates for these camps. Not yet finalized.**

**Waiting to hear on Slopestyle Landing bag availability.**

- Mammoth - Slopestyle Camp - May 8 - 12
- Mammoth - Halfpipe Camp - May 13 - 17
- Whistler - Slopestyle Camp - June 24 - June 30
- Mt Hood - Halfpipe Camp - July 2nd - July 6th

*REGISTRATION COMING SOON*



## Mt. Hood - Timberline Freestyle Camps - July 8th - 12th

These camps are for all age athletes in the Competitive Snowboard Park & Pipe Ski Program. These camp sessions include 5 days on snow with a Northstar Team coach and daily filming. Price



includes lift tickets. Athletes looking to train in the 22' Halfpipe should be able to air out and spin. Limited lodging and transportation from Truckee available for 13+ year old athletes.

Athletes will have access to Timberline Freestyle Training Venue with 22' Halfpipe and beginner through pro-sized slopestyle features. Halfpipe access with additional cost. By signing up for this camp, you will also receive access to our Bridge athletics program described below.

Coaching only - \$2200

Coaching only (w/ 22' pipe access) - \$2400

Coaching and Lodging - \$3000

[REGISTER HERE](#)



### **Bridge Athletics Strength & Conditioning Program**

We will once again be bringing back our [Bridge Athletics](#) Strength & Conditioning Program. This program is available on the App and/or in-person. Through signing up, you will have three, 1.5 hour workouts a week targeting strength, agility, cardio, and flexibility performance specifically designed for ski and snowboard athletes. The Bridge Athletics App has videos included within the work outs for each exercise so you can fit them in your schedule when it works for you or join the Northstar Team coaches at the ARC in the Northstar Village. Your programs can be altered to fit your access to equipment by a group of professional personal trainers. Get in the best shape of your life so you can perform at your peak ability next winter season! We will have a discounted rate for athletes through the Northstar Team Foundation. *REGISTRATION COMING SOON*



### **UOP Air Bag Jump Camps**

The Utah Olympic Park will be bringing back their air bag jump this summer. Scheduled to open sometime in July. We plan to offer some camps to use this facility as well as the trampoline center in late summer. This is a great opportunity for athletes to hone their aerial skills in a low consequence environment. Once we get the final word we will get things rolling and send out pricing. *REGISTRATION COMING SOON*

