

The Bromley Outing Club is excited to host an *ELITEAM* Dryland Clinic for VARA athletes featuring Olympian Doug Lewis

World Cup Workout Clinic: For Young Ski Racers, ages 8-17, who want to learn how to prepare themselves physically and mentally to take their skiing and ski racing to the next level. Not only will this one-day program be a ton of fun, but the athletes will also learn the latest ski racing workouts and sports psychology training.

Lead by 1984 & 1988 Olympian Doug Lewis, *ELITEAM* clinics are unique in their way of teaching the three often overlooked concepts of Sports Physiology, Sports Psychology, and Sports Nutrition. *ELITEAM*'s goal is simple - to develop healthy, confident, "complete" athletes who have the tools and motivation to pursue their recreational and ski racing dreams.

ELITEAM will utilize the great facilities found at Bromley and will focus on teaching the athletes exercises that will help prepare them to become stronger, faster, and more flexible for the ski season ahead. They will learn some of the latest ski conditioning techniques and mental training exercises. More importantly, they will have a great time. Doug Lewis will educate, motivate, and inspire as he challenges the participants.

Tentative Schedule:

8:30 - 9:00 Registration
9:00 Opening Speech to Campers and parents
9:10 Warm-Up
9:20 Agility Relays
10:00 Circuit training
11:30 Lunch
12:15 Sports Psychology talk
12:45 Warm-up
1:00 Agility Poles
1:30 Obstacle Courses
2:15 Leg Routine on the flats and then utilize the Hill for the second half
3:00 Hike to top of Hill
3:30 Doug Speech to Entire Group and Parents