



Saturday Oct 26th, 2024  
**ELITEAM**

## **ELITEAM Dryland Clinic for Tri-State at Thunder Ridge!**

For all Tri-State junior racers, ages 8-17, who want to get a jump on the season! The day will be filled with a variety of ski specific workouts, sports nutrition training, and lots of fun with 2-time Olympian and ELITEAM Director Doug Lewis.



*ELITEAM* is returning to Thunder Ridge in October for a fun and informative dryland ski clinic that will motivate your young ski racers to push their limits! *ELITEAM*'s program will teach our athletes exercises that will help prepare them for the racing season. The kids will learn fun and innovative dryland techniques that they can do with their Coaches or on their own during the pre-season. They will also learn how a focus on sports psychology can help them not only train more effectively, but SKI FASTER.

This *ELITEAM* clinic will focus on ski specific exercises that will give our young racers the tools to perform better from start to finish. Working on agility, coordination, footwork and rhythm will result in faster feet and better balance. A focus on strength and anaerobic capacity will pay off at the end of races. Finally, Olympian Doug Lewis will talk with the kids about how Mental Focus and Nutrition will translate into more confidence and better control on race day.

At the end of the clinic, Doug will talk to parents, kids and coaches about his thoughts on junior ski racing, World Cup athletes and share inspirational stories about his World Cup and Olympic experiences.

Don't miss this special event!

**Dates:** Saturday Oct 26, 2024  
**Ages:** 8-17 years-old  
**Location:** Thunder Ridge Ski Area  
**Contact:** Meryl at Thunder Ridge  
[mdidio@thunderridgeski.com](mailto:mdidio@thunderridgeski.com)

### **Information & to Register:**

#### **Schedule: Saturday Oct 26th**

8:30-9 Registration  
9:00 Welcome speech to ALL  
9:10 Warm-up, Circuits, Strength  
Team Challenges  
11:30 Lunch  
12:15 Sports Psych Talk  
12:45 Agility, Obstacles Courses  
Quickfeet Slalom  
2:45 Hike Mtn  
3:15 Doug Lewis Speech  
3:30 End Program

