

2013 ACTION SPORTS CAMPS



UNMATCHED EXPERIENCE

KMS offers unmatched opportunities for today's student-athlete to excel athletically while pursuing college prep academics.

2013 ACTION SPORTS ON-SNOW

Freestyle / Freeskiing / Snowboarding

CAMP 1

Camp 1: June 24 - July 1

Location: Whistler, British Columbia

Cost: \$2,149 moguls, \$2,199 freeski / moguls hybrid

KMS Action Sports Camp 1 includes six days on snow. Our destination will have a full mogul course on the Planet Ski International Lane and slopestyle courses for the experienced athlete to train. This camp is ideal for the younger, more developmental athlete as well as seasoned athletes. There will also be off-snow camp activities including hiking, swimming and field games.

CAMP 2

Camp 2: July 1 - July 15

Location: Whistler, British Columbia

Cost: \$4,298 moguls, \$4,948 freeski / moguls hybrid

KMS Action Sports Camp 2 includes 16 days with 12 days on snow — a four-days-on, one-day-off rotation. There will be a full mogul course, on the Planet Ski International Lane, for optimum daily freestyle training. The freeski / snowboard group will train in the Camp of Champions Lane. This camp is ideal for the experienced athlete looking to make serious gains with summer training.

CAMP 3

Camp 3: August 5 - 25

Location: Perisher, Australia

Cost: \$5,250

KMS Action Sports Camp 3 is by invitation only. For more information, please contact Matt Gnoza, Athletic Director, Action Sports, 802.422.5671 x.271, mgnoza@killingtonmountainschool.org

SNOWFLEX

Camp 1: June 24 - 28

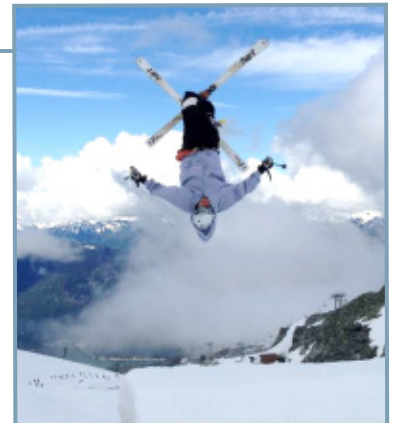
Camp 2: July 8 - 12

Camp 3: August 19 - 23

Location: Liberty Mountain Snowflex Center, Lynchburg, Va.

Cost: \$1,100 per camp. Includes transportation to/from Virginia via van from Killington, lodging, three meals/day, Snowflex camps, afternoon activities, two KMS coaches

Snowflex is an artificial snow surface. Think longer, thicker, stiffer astro turf. The surface is padded. Jumps (small, medium and large), 12+ jibs and a handle tow allow for tons of laps. There is also an Olympic flybed trampoline for warm-up and an air-conditioned lodge for video review. We'll have access to Liberty University's rec center for afternoon activities including springboard / pool, climbing wall, hiking trails, and paintball.



More information online at www.KillingtonMountainSchool.org/camps



Matt Gnoza, Athletic Director, Action Sports // mgnoza@killingtonmountainschool.org

KMS // 2708 Killington Road, Killington, Vt. // 802.422.5671 // www.KillingtonMountainSchool.org



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2013 ACTION SPORTS WATER RAMP CAMPS

Freestyle / Freeskiing / Snowboarding

Our water-ramp camps provide athletes a safe and effective way to develop jumps before they attempt them on snow. Athletes spend the two-, four- or five-day camps perfecting tricks on the trampolines and then don their skis to practice those tricks into the water from specially designed jumps. These camps are the perfect way to get ready for the on-snow training in Whistler.

KMS water ramp camps take place in Lake Placid, N.Y., at the Olympic Jump Center. The OJC is a world-class ski-jumping and freestyle training facility that includes four water ramps and three trampolines. KMS camps will use lodging at either the Olympic Training Center or Lysek's Sports Lodge, both located in the heart of Lake Placid.

For more details, visit www.KillingtonMountainSchool.org/camps.



WATER RAMP CAMP DATES & PRICES

Camp 1: June 6 - 9, \$700	Camp 5: August 24 - 26, \$525	Camp 9: Sept. 20 - 22, \$525
Camp 2: July 6 - 9, \$700	Camp 6: August 27 - 29, \$525	Camp 10: Sept. 27 - 29, \$525
Camp 3: July 10 - 12, \$525	Camp 7: Sept. 6 - 8, \$525	
Camp 4: August 1 - 4, \$750	Camp 8: Sept. 13 - 15, \$525	

Recommended:

Ages 10 – 12: 5 to 10 ramp days :: Ages 13 – 14: 10 to 15 ramp days :: Ages 15 and up: 15 to 20 ramp days, if not more

Athletes must be 10 years old to attend water ramp camps.

2013 ACTION SPORTS STRENGTH

Freestyle / Freeskiing / Snowboarding

STRENGTH

Camp 1: Summer Snow Preparation, June 20 - 23

Camp 2: Summer Tune-Up, August 15 - 18

Location: Killington Mountain School

Cost: \$200 - Registration due, paid in full: camp 1 by June 1, camp 2 by August 1.

These camps are mandatory for KMS student-athletes and are an important component of a comprehensive summer training plan.



More information online at www.KillingtonMountainSchool.org/camps



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