



Lisa Ballard races to the podium at the FIS Masters GS in Abetone, Italy

**TUESDAY, JANUARY 22, 2019**

# **WHITETAIL MASTERS TRAINING CAMP WITH LISA BALLARD**

**Learn to race or get better at it!**

**For skiers, age 18+. Maximum 40 participants.**

**Cost: \$88 – Includes everything except lift ticket and lodging. Discounted rooms and lift tickets available.**



**Lisa (Densmore) Ballard** is one of the top masters racers in the world, with over 100 national titles and 6 world championships. In 2017, she won the overall FIS masters super G title. Lisa is also a highly regarded ski instructor and coach for over 25 years. She is certified by PSIA and U.S. Ski & Snowboard. She has written hundreds of articles and hosted numerous television shows on skiing, including ESPN's World Cup skiing coverage. All camp participants will receive a personalized copy of her award-winning book, *Ski Faster! Guide to Racing and High Performance Skiing*.

[www.LisaBallardOutdoors.com](http://www.LisaBallardOutdoors.com)

**Giant Slalom:  
Technique and  
Tactics**

**(Morning)**

**Slalom:**

**Progression from  
brushes to stubbies  
to full gates**

**(Afternoon)**

**Video Analysis  
(Morning and  
afternoon)**

**Door Prizes**

**plus books, posters**

**Ski Faster!**

**Have Fun!!**

**FOR MORE INFO AND TO  
REGISTER, CONTACT:**

**BRUCE RANKIN  
SKISCHOOL@SKIWHITETAIL.COM**

## **Schedule**

8:00am	Check-in. Continental breakfast. Welcome + review of the day's schedule. GS tech talk.
9:00am	Skiing warm-up as courses are set, then GS training.
11:30am	Video analysis of morning GS training.
Noon	Lunch break.
1:00pm	Skiing warm-up as courses are set, then slalom progression.
3:00pm	Video analysis of afternoon slalom training.
3:30pm	Apres-ski refreshments, door prizes, poster/book signing.
4:30pm	Departure