

October 16th, 2010

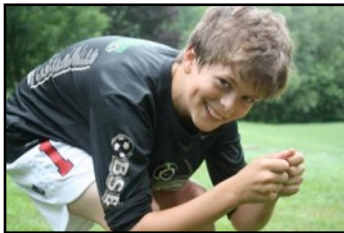


ELITEAM



ELITEAM Ski Conditioning Clinic Comes to the Niagara Frontier Ski Council (NFSC) featuring Olympian Doug Lewis

For Young Ski Racers, ages 7 and older, who want to get a jump on the season and an edge over their competitors. The latest ski racing workouts, sports psychology training, and lots of fun.



ELITEAM will utilize the great facilities found at Kissing Bridge and will focus on teaching the athletes exercises that will help prepare them for the ski season ahead. They will learn some fun and innovative techniques that they can do on their own. More importantly, they will have a great time. Doug Lewis will educate, motivate, and inspire!

Led 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.

In addition to the workouts, Doug will hand out an *ELITEAM* fitness workbook that the participants can take home. This will have important information on training as well as a fitness program for the Fall and Winter.

Contact Brad Rauch for more information and to sign up for this exciting opportunity. RSVP as soon as possible as space is limited. This is a great opportunity to kick off the season with a bang and also get to meet a Two-time Olympian!



Date: Oct 16th, 2010
Where: Kissing Bridge Ski Area
Who: For all Junior racers in NFSC
Cost: \$15/child, or
\$35/Family (3+ kids)

For information contact:
Brad Rauch 716-572-2088
jbrkjb@yahoo.com

To Register:
Fill out & mail in registration form.

Schedule: Saturday
8:00 Registration
9:00 Welcome speech
9:10 Warm up/Core & Agility Relays
Obstacle Courses
11:30 Lunch - Bring your own
12:30 Sports Psych Meeting
1:00 Leg Routine & ski specific
exercises
2:45 Circuits
4:30 End Afternoon Session
4:30-6:00 Doug Lewis Speech &
Social Hour (includes food).
Parents are Welcome!

REGISTRATION FORM
ELITEAM Dryland Clinic at Kissing Bridge Ski Area
Saturday, October 16th, 2010

Athlete #1 Name: _____ Date of Birth: _____

Athlete #2 Name: _____ Date of Birth: _____

Athlete #3 Name: _____ Date of Birth: _____

(Use bottom of page for additional children)

Parents Names & Phone contacts

Father: _____

Home: _____ Cell: _____

Mother: _____

Home: _____ Cell: _____

Address: _____

Email Address: _____

Ski Club: _____

Total # of family members to attend Speech & Social hour (including parents): _____

Payment Information:

\$15/athlete or \$35/Family (3+ kids)

TOTAL ENCLOSED: \$_____

Mail Registration and check to: NFSC, 5134 Newton Rd, Orchard Park, NY 14127

Thank you and see you on the 16th!