

DAN JANOWIAK RACE CAMPS

COPPER MOUNTAIN, COLORADO

NOVEMBER 19-26, 2010



Lyndee Janowiak

NCAA All-American 2009

2008 NCAA G.S. Bronze Medalist/First Team All-American

United States Ski Team Member 2006-2007

University of Vermont 2008-2010

NorAm & Europa Cup Competitor

USSA J2 National Giant Slalom Champion 2004

DAN JANOWIAK RACE CAMPS, LLC

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NOVEMBER 19-26, 2010

July 14, 2010

Dear Athletes and Parents,

Greetings everyone! I hope all of you have enjoyed your summer thus far. Yes, it is time to prepare for another ski season. I am pleased to announce the 17th Dan Janowiak Fall Race Camp at Copper Mountain, Colorado, November 19-26, 2010. Whether your club level, middle school, high school, collegiate or CUSSA racer you can benefit significantly from this camp.

The 2009-2010 ski season was a huge success in so many ways. Many of NASA's athletes received MHSAA All-State recognition. More impressively though were strong Rocky/Central Junior Olympic results from NASA's J4's and J3's. No matter what level of racer you were this past season, you provided us with exciting competitions!

Clearly, I am ready to share all of what I know about our great sport with everyone interested at Copper Mountain this fall. What makes this camp unique is that I take a personal interest in every athlete. You will return to your home program with confidence going into the new competition season.

Begin to prepare yourself. Check your equipment and clothing needs and get started with your conditioning program. Remember, you will only ski as well as your physical condition permits.

Enclosed you'll find information about my 2010 camp at Copper Mountain in November. Your participation will get you off to a great start. See you soon.

Cordially,

Dan Janowiak
USSCA Level 300-Regional Certified Coach

CAMP DIRECTOR: Dan Janowiak from Manistee, Michigan. Now over thirty years experience coaching ski racing. Dan was head coach of the Manistee High School Ski Teams for 26 years. He founded and

managed the Manistee Ski Club beginning in the early eighties. Currently, Dan is the Program Manager/Head Coach of the Northwestern Alpine Ski Academy (NASA).

Dan has had the good fortune to have assisted the Quantum Sports Club in Breckenridge, Colorado and has also developed a good association with the FIS level coaches around the country.

Twice Dan was a part of Team USA coaching staff at the Whistler Cup in British Columbia, Canada. He was one of 10 invited coaches to assist at the first U.S. Ski Team National Development System camp in Mt. Hood, Oregon. His experience also includes four European trips with elite level FIS athletes for training and competition. Dan was inducted into the Michigan High School Ski Coaches Association Hall of Fame in 1999.

LOCATION: Copper Mountain, Colorado which is located in Summit County 75 miles west of Denver. Summit County ski resorts provide the best early season snow in North America.

STAFF: Our biggest asset. The camp staff has been together for many years and has been trained by Dan Janowiak. This is one staff that is all on the same page. See listing of staff later in this camp brochure.

TRAINING: Seven days of quality on snow training! Slalom and giant slalom training will be the primary focus. We will provide lots of gate training opportunities. Modern technique and tactics will be taught on the hill and discussed in classroom settings. Improving technical skills at any time of the year is very important. Each athlete will be monitored closely to assure technical improvement during this camp. Getting each athlete off to a good positive start on the season is one of our goals. **This camp will be limited to 30-35 athletes!** Coach to athlete ratio will not exceed 1 to 6.

Each day after gate and gateless training we have reserved time for all athletes to free ski should their energy level be high enough.

After dinner each evening the staff will provide technical discussions on the following: slalom, giant slalom, mental skills preparation including goal setting, physical conditioning, ski tuning and waxing. Video review of each days training runs will be observed daily as well as viewing current World Cup video with discussion.

Athletes are expected to have skis well prepared for training each day. Coaches will always be assisting and teaching skills in the wax room.

The Copper Mountain Athletic Club is available with complimentary swimming pool, Nautilus and exercise equipment, sauna, hot tub and steam bath. Tennis and racquetball are available for a fee. We encourage the use of this beautiful facility.

ELIGIBILITY: This camp is open to all junior racers age 8-18 and collegiate athletes who are serious about ski racing. All camp participants are expected to put forth their best efforts and to conduct themselves in a responsible manner at all times. The director reserves the right to expel any racers whose activities shall be judged to be detrimental to the well being of the camp. If this occurs the participant will be sent home at their expense.

LODGING: Lodging will be slope side in the main village of Copper Mountain. We will stay in two bedroom condominiums. Each unit is equipped with 2 bathrooms, kitchen and fireplace.

FOOD: Three meals per day will be provided. Either breakfast or lunch will be provided by Copper Mountain, depending on our daily training schedule. Special dietary needs should be noted on your registration form. A special Thanksgiving feast will be prepared on Thanksgiving.

TRANSPORTATION: Flight arrangements are your responsibility. Please arrive November 19, 2010 before 5:00pm (we will be there for you later if necessary) Mountain Time at Denver International Airport (DIA). Athletes should plan their departures from DIA after 3 pm on Friday, November 26th.

Coaches and staff will be flying out of Manistee, Traverse City and Grand Rapids Michigan. For assistance with flight information you may call Becky Johnson at Passageways Travel. Her number is 1-800-748-0355 extension 2116.

WHAT TO BRING: All ski equipment for giant slalom and slalom training, ski clothing, tuning equipment, a set of workout/running apparel plus notebook and pen. If you have homework, please bring it. Although free time will be limited, there will be some time available for studies.

COST: \$2080. This price includes 7 days of lift tickets, lodging, ground transportation, three meals per day, coaching, lane fees, video, evening clinics, supervised wax room assistance and camp T-shirt. A \$900.00 deposit and completed registration form is required to secure a spot in the camp. Those who register before September 15, 2010 may deduct \$50 from the deposit. Families with more than one camp participant may deduct \$50 from each participant's total fee. Cancellations after October 20, 2010 will result in loss of reservation deposit. All checks should be made payable to **DAN JANOWIAK RACE CAMPS, LLC.**
Mailing address: 1920 Blossom Trail, Manistee, Michigan 49660.

QUESTIONS: Contact Dan or Cathy Janowiak at 231-723-7512 (H); 231-510-5456 (cell) or d_janowiak@charter.net

COACHING STAFF

DAN JANOWIAK

USSCA Level 300 Regional Certified Coach
Manistee H.S. Coach 26 Years
Program Manager/Head Coach of NASA
Manistee Ski Club Founder and Program Manager 23 years
United States Ski Team National Development System Assistant 2003
Michigan H.S. Ski Coaches Association Hall of Fame 1999

RICHARD TOTCH

Head Coach Manistee High School
Assistant Coach Manistee High School 24 Years
Manistee Ski Club Assistant 23 Years
MHSSCA 2009 Division 2 State Coach of the Year
USSCA Level 100 Club Coach

AL BUFKA

Manistee Ski Club Staff Coach
MSC Head Coach Race Academy 2002
USSCA Level 100 Club Coach

JESSE KESON

Manistee Ski Club CUSSA Staff Coach
MHSSCA First Team All-State 1997-1999
Certified Personal Trainer, Exercise Specialist

GEOFF PAINE

Manistee Ski Club CUSSA Staff Coach
Manistee Ski Club Assistant-23 years
Junior Olympic Coach
USSCA Level 100 Club Coach

JOHN LAMBERT

Coach Grand Blanc High School
PSIA Level III
USSCA Level 400 Certified Coach
MHSSCA 2010 Division 1 Coach of the Year

RICHARD BOBIAN

MSC/NASA Coach 16 years
Junior Olympic Coach
USSCA Level 100

LYNDEE JANOWIAK---GUEST COACH---TENTATIVE

NCAA All-American 2008, 2009
NCAA GS Bronze Medalist 2008
2008, 2009, 2010 All-East Honors
2006-2007 United States Ski Team Member
NorAM and Europa Cup Competitor
2004 J2 National Giant Slalom Champion

OTHERS: TBA

DAN JANOWIAK RACE CAMP **2010 REGISTRATION FORM**

(Please Print)

NAME _____

Mailing Address _____

EMAIL Address _____

Telephone _____ Date of Birth _____

Grade currently in _____ Deposit Enclosed _____

DAN JANOWIAK RACE CAMPS **2010 LIABILITY RELEASE**

I hereby release the Dan Janowiak Race Camp and any person officially connected with the camp or any injuries or damages arising from my son/daughter or from my own participation in or presence at the camp.

PARTICIPANT'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

PARENT/GUARDIAN NAME _____

(Last) (First)

MAILING ADDRESS _____

(STREET) (CITY, STATE, ZIP)

TELEPHONE-DAY _____ EVENING _____

DAN JANOWIAK RACE CAMPS **2010 MEDICAL RELEASE**

I give the coaches and chaperones of the Dan Janowiak Race Camps permission to obtain Medical/Dental aid for my son/daughter in case of injury or illness. It is understood that every effort will be made to contact me if medical attention becomes necessary. **IF POSSIBLE, PLEASE PROVIDE A COPY OF MEDICAL INSURANCE CARD.**

PARENT/GUARDIAN SIGNATURE _____ DATE _____

Camp participants should have their own health and Accident Insurance. Please provide the following information.

COMPANY NAME _____ POLICY _____

FAMILY PHYSICIAN _____ PHONE _____

DRUG ALLERGIES: _____ YES _____ NO (IF YES, EXPLAIN) _____

CURRENTLY TAKING MEDICATION? _____ DESCRIBE _____

SPECIAL DIETARY NEEDS, IF ANY: _____

FLIGHT INFORMATION (All flight info needed)

Arrive Date: _____ TIME _____ Flight#: _____ Airline: _____

Departing city: _____ TIME _____ Flight#: _____ Airline: _____

Departure Date: _____ TIME _____ Flight#: _____ Airline: _____

TIME _____ Flight #: _____ Airline: _____

TSHIRT SIZE ADULT

SMALL

MEDIUM

LARGE

XLARGE