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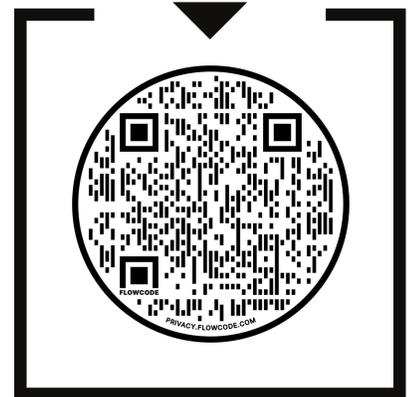
The Southeastern Alpine Race Camp at Mt. Hood is a camp in its eighth year of operation, run by a group of dedicated volunteers as well as Camp Director, Sara Beeken, Head Coach, Thea Young and parent founder, Stephanie Carson. Our goal is to provide affordable, quality, elite ski race training to athletes. SARC runs for 2 sessions each summer and campers have the option to sign up for either or both of the weeks.

Mt. Hood 2023 Dates:

June 17th-June 25th and June 25th-July 3rd

In 2022, we hosted two very successful camps at Mt. Hood, OR and at Copper Mountain, CO! This year as we prepare for our 2023 SARC Mt. Hood sessions, you will see an increase in cost, which will be put towards the following improvements to the camp experience:

SCAN ME



Upgraded Lodging: We are moving from the Nanitch Boy Scout Lodge to three neighboring rental houses in the town of Government Camp. These are in walking distance to shops in Govy! Campers will be split into houses based on age and gender, and each house will have adult volunteers and coaches. While we will be sleeping in separate houses, camp activities, meals, training, and dinner will all be done as a group. Other benefits to these new accommodations include:

- Bedding and towels are provided (no sleeping bags needed!)
- More showers and bathrooms available

One additional day has been added to each week of camp!

-Week One campers will use this extra day to head to the Oregon Coast and spend the day at the beautiful Cannon Beach! Dinner at our favorite seafood place in town, Ecola Seafood will be included in camp cost this year as well.

-Week Two campers will use the extra day of camp for more training. This means 6 training days total for week 2 (Likely 3 SL and 3 GS with a rest day in the middle)



Designated Tuning Sessions available every day with qualified tuning expert, Jason Sherman who many of you may know from Black Tie Rentals in the High Country.

- Campers will have the opportunity to tune their skis or learn to tune while they are at camp!

## MORE INFORMATION

Campers receive training from a team of qualified coaches. Afternoons are spent with outdoor activities including dryland training, hiking, swimming, and sometimes relaxing (it's hard work!).

Camp cost includes lodging, training, transportation to and from the airport, lift tickets, camp swag, and food (cooked in our kitchen by camp staff and parent volunteers). There are optional activities that are an additional cost such as the Adventure Park.

Campers will receive a list of supplies and should expect to bring spending money for two meals a week when we take them on trips, as well as incidentals (like a Huckleberry Shake - google it).

This camp is open to kids ages 9 to 18, with at least one year of alpine racing experience on a team. Children ages 9 and 10 are required to have a parent present in town, and receive prior permission from camp leadership, based on a coach recommendation. If your child is 9 or 10 years old and would like to attend camp please contact Camp Director, Sara Beeken at sarabeeken3@gmail.com

## SCHEDULE

On ski days we wake up at 5am, have breakfast at the main house, and head to Timberline. Athletes take their backpacks and water and a snack up the lifts and we train all morning, with a short snack break in the middle. We will head back down to the houses around 11-12pm, depending on how the snow is holding up. After eating lunch and having some quiet time for those who need to rest after a long morning of skiing, we will have some afternoon activity options. U10-14 athletes will have dryland training twice per week and U16-18 athletes will have dryland training 3 times per week. This includes running, strength training (typically body weight), and other activities to improve endurance, strength, and agility. After that, some days we will go swimming and paddle boarding in Trillium lake (It's still summer down the mountain!), or hike, or explore the town of Government Camp. Many athletes choose to try out demo skis while they are there, but this will not be an option every day. Tents are usually set up in town, offering athletes free race demos. But everyone should bring their own equipment anyway. Dinner will be at the main house. Then there is always a camp meeting before bed, talking about training the next day and focusing on some specific skills that the athletes may be working on during training.

## PAYMENT

You can pay in full, or pay a \$750 deposit (or \$1000 for both weeks) to reserve your child's spot. The full registration fee for one week of camp is \$2500, or for campers attending both weeks, the total fee is \$4800.

Both the registration form and camp deposit must be completed in order to reserve a spot.

We have increased the prices this year for several reasons including doubled lodging costs, increased food and car rental costs, as well as allowing for coaches to be compensated more appropriately for their time and expertise. We have also added a day of training to week 2, and added a beach trip day to week 1, extending the total number of camp days each week. Please see What's New in 2023? for more information on how these increased fees are being used!

2-Week campers save \$200 on camp tuition because they will receive a Timberline season pass rather than day tickets.