

## OHG 2009-2010 CLINIC REGISTRATION

<b>Participant Name:</b>		<b>E-mail &amp; Cell Phone #</b>	
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*Please complete by checking off the clinics you wish to take and filling in the amount to be paid.*

<input checked="" type="checkbox"/>	Date	Clinic	Cost	Amount
<input type="checkbox"/>	Tuesday, Dec. 8, 2009	Ski the Sweet Spot	\$25.00	
<input type="checkbox"/>	Saturday, Dec. 12, 2009	Balance & Stance	\$25.00	
<input type="checkbox"/>	Wednesday, Jan. 6, 2010	Snowboard Clinic	\$25.00	
<input type="checkbox"/>	Sat & Sun, Jan 9/10, 2010	Mogul Madness	\$50.00	
<input type="checkbox"/>	Tuesday, Jan. 12, 2010	Carve and Control	\$25.00	
<input type="checkbox"/>	Tue & Wed, Jan 12/13, 2010	Mogul Madness	\$50.00	
<input type="checkbox"/>	Saturday, Jan 23, 2010	Fear Busters	\$25.00	
<input type="checkbox"/>	Sunday, Jan 24, 2010	Tele Clinic - beginner/intermediate	\$25.00	
<input type="checkbox"/>	Tuesday, Jan. 26, 2010	Fear Busters	\$25.00	
<input type="checkbox"/>	Wednesday, Jan. 27, 2010	Cornice Confidence	\$25.00	
<input type="checkbox"/>	Saturday, Jan. 30, 2010	Cornice Confidence	\$25.00	
<input type="checkbox"/>	Sunday, Jan. 31, 2010	Snowboard Clinic	\$25.00	
<input type="checkbox"/>	Fri, Sat. & Sun, Feb. 5-7, 2010	Women's Weekend	Refer to Flyer	
<input type="checkbox"/>	Wednesday, Feb 10, 2010	Bump Skills	\$25.00	
<input type="checkbox"/>	Friday, Feb. 12, 2010	Amongst the Trees	\$25.00	
<input type="checkbox"/>	Saturday, Feb. 20, 2010	Bumps for Babes	\$25.00	
<input type="checkbox"/>	Saturday, Feb 20, 2010	Amongst the Trees Copper	\$25.00	
<input type="checkbox"/>	Sunday, Feb.21, 2010	Intermediate/Advance Tele Clinic	\$25.00	
<input type="checkbox"/>	Tuesday, Feb 23, 2010	Race Clinic	\$25.00	
<input type="checkbox"/>	Saturday, Feb. 27, 2010	Mountain Max	\$25.00	
<input type="checkbox"/>	Tuesday, Mar. 2, 2010	Mountain Max	\$25.00	
<input type="checkbox"/>	Tuesday, Mar. 9, 2010	OHG World Championship	N/C	
<input type="checkbox"/>				
<input type="checkbox"/>				

<b>Cardholder Name (print)</b> _____	<b>Total Amount \$</b> _____
<b>Signature</b> _____	

**Credit Card #** \_\_\_\_\_ **Exp Date** \_\_\_\_\_

**Check #** \_\_\_\_\_

A 10% penalty will apply for any clinic registration cancelled outside of 24 hours.  
No cancellations will be accepted within 24 hours of the clinic date.

Please complete one form for each participant. Registrations are accepted on a "first come, first serve" basis. There are no waiting lists. If the clinic you requested is full, there is a good chance of getting in on the day of the clinic. Show up and see if a spot has vacated. Your payment will be accepted then.

**TO REGISTER: Mail:** Send completed form with your payment to: OHG Clinics, PO Box 3488, Copper Mountain, CO 80443

**Fax:** Fax completed form with cover sheet addressed to "OHG: and your credit payment to: 970-968-3190

**Hand Deliver:** to Ski and Ride School Specialists team located at the Private Lesson desk, downstairs in the Mountain Adventure Center

## Clinic Descriptions

### **Amongst the Trees**

Fri. 2/12/10 or Sat. 2/20/10

For Club Decline and Incline skiers who are interested in forest skiing and learning the techniques, tips and etiquette to more fully enjoy skiing in the forest. The focus is on safety, emphasizing the attitude and confidence necessary to be successful in skiing among the trees. Terrain choices and pacing will be tailored to the group's progression to fully develop the skills necessary for safe and fun forest skiing. Helmets are required!

Group Level: CD-CI

Dan Golden, Kyle Roge, Pete Sowinski & Harley Van De Wege

### **Balance & Stance** Sat. 12/12/09

Ever found yourself in the backseat?? Thrown out of balance in the bumps?? Or just don't feel centered?? Join us for our annual "Where is My Center" or Balance and Stance Clinic. Work on the basics and start the season off right

Group levels: TB-CI

Sara Swain, Kay Geitner & Tom Snow

### **Bumps for Babes** Sat 2/20/10

The "friendlier, kinder and gentler" way to ski bumps in an all-women clinic. Focus on efficient skiing to maximize your fun in the bumps.

Group levels: GZ-CI

Cyndy Scholz, Sara Swain, Joani Sowinski & Carolyn Paul

### **Bump Skills** Wed. 2/10/10

Improve your bump skiing with a comfortable blend of technical development and quality mileage.

Group levels: TB-CD

Dick Morgan & Roy Piskadlo

### **Carve & Control** Tues. 1/12/10

Put more carving and less skidding into your turns, and control your speed by rounding out and completing your turns.

Group levels: TB-CI

Jim Leibold and the Carving Team!

### **Cornice Confidence Clinics** Wed. 1/27/10 or Sat. 1/30/10

Having trouble going over the edge? It's not your technique, it's your Confidence! We will find spots on the mountain which will give you the confidence to ski the first three turns of any cornice at Copper. Video in morning, review at lunch, video in afternoon, and you get a copy of the day to take home

Group Level: CD and CI

Rolland Fearn

### **Fear Busters** Sat. 1/23/10 or Tues. 1/26/10

Are you returning to skiing after an injury, noticing a decline in ability due to age, no longer able to do what you could in your prime, skiing to please someone else rather than yourself, or have a fear of speed or heights? You may be having less fun on the slopes due to stress, anxiety, and worry. Stephanie and Marge are two passionate skiers who also happen to be therapists. Both have returned to skiing after accidents, one caused by skiing, the other an automobile accident.

Group Levels: NW to GZ

Stephanie Bryan and Marge Seabourn

**Mogul Madness** Sat./Sun. 1/9 & 10 or Tues/Wed 1/12 & 13  
New to mogul skiing? Learn skills and lay the foundation for success in the bumps. A mogul veteran? Polish your style and pick up some trade secrets. This is a two day program, presenting basic and advanced technique and tactics on hill and with video analysis by group leaders.

Group Level: TB to CI

Rob Hill, Steve Hultquist, Harley Van De Wege, Rolland Fearn, and Pete Sowinski

### **Mountain Max Off Piste** Sat. 2/27/10 or Tues. 3/2/10

Explore the technical and tactical aspects of skiing steep to extremely steep off-piste terrain and snow conditions. Seek out and ski Copper's most challenging terrain and snow conditions to refine your technique and attitude which will help you become an all terrain, any condition skier.

Participants should be comfortable skiing any portion of the mountain and may be asked to hike short distances. (Not for the timid skier.)

Group level: CI

Paul Kresge & Carter Sales

### **Race Clinic** Tue. 2/23/10

If you want to have more fun and improve your time at the OHG World Championship Race, this is for you! Where to start your turn, which varies with speed, and edge and speed control will help you with racing and free skiing.  
TBD

### **Ski the Sweet Spot** Tues. 12/8/09

Experience the sweet spot of your foot in the boot and on your ski for better balance and efficient skiing.

Group levels: TB-CI

Moe Mosley, Harley Van De Wege and Jim Leibold

### **Snowboard Clinic** Wed. 1/6/10 Sun. 1/31/10

Finally, an opportunity to improve your snowboard skills. Join the crew for a day of lessons to polish your existing skills and move up to the next level.

Group Level GZ and above

Dick Guyor and Bob Stone

### **Telemark Clinics**

Beginner/Intermediate Tele Clinic: Sun. 1/24/10

Intermediate/Advanced Tele clinic: Sun. 2/21/10

Add a little zing to your swing, if you have ever thought of trying to tele or want to polish your skill here is the opportunity. Join the Guide Tele staff for a day of fun and learning.

Gene Jencsok, Dave Bamberger