

OHG 2008-2009 CLINIC REGISTRATION (OHG MEMBERS ONLY)

Participant Name:	Email:	Phone #
--------------------------	---------------	----------------

Please complete by checking off the clinics you wish to take and filling in the amount to be paid.

✓	Date	Clinic	Cost	Amount
	Wednesday, Dec. 5, 2008	Stress Free Skiing	\$25.00 **	
	Tuesday, Dec. 9, 2008	Ski the Sweet Spot	\$25.00	
	Saturday, Dec. 13, 2008	Balance & Stance	\$25.00	
	Saturday, Dec. 20, 2008	Bump Busters w/ Karpy	\$25.00	
	Sat & Sun, Jan 3/4, 2009	Mogul Madness	\$50.00	
	Tuesday, Jan. 6, 2009	Bump Busters w/ Karpy	\$25.00	
	Wednesday, Jan 7, 2009	Snowboard clinic	\$25.00	
	Tuesday, Jan. 13, 2009	Carve and Control	\$25.00	
	Sunday, Jan. 18, 2009	Beginner Tele Clinic	\$25.00	
	Tue & Wed, Jan 20/21, 2009	Mogul Madness	\$50.00	
	Saturday, Jan 24, 2009	Stress Free Skiing	\$25.00	
	Sunday, Jan 25, 2009	All levels Tele Clinic	\$25.00	
	Tuesday, Jan 27, 2009	Stress Free Skiing	\$25.00	
	Tuesday, Jan. 27, 2009	Bump Busters w/ Karpy	\$25.00	
	Wednesday, Jan. 30, 2008	Stress Free Skiing	\$25.00	
	Fri, Sat. & Sun, Feb. 6-8, 2009	Women's Weekend	Refer to Flyer	
	Sunday, Feb. 8, 2009	Snowboard clinic	\$25.00	
	Tuesday, Feb. 10, 2009	Bump Busters w/ Karpy	\$25.00	
	Wednesday, Feb 11, 2009	Bump Skills	\$25.00	
	Friday, Feb 20, 2009	Amongst the Trees Copper	\$25.00	
	Saturday, Feb.21, 2009	Bumps for Babes	\$25.00	
	Sunday, Feb.22, 2009	Intermediate / All Level Tele Clinic	\$25.00	
	Tuesday, Feb 24, 2009	Race Clinic	\$25.00	
	Wednesday, Feb 25, 2009	Amongst the Trees Copper	\$25.00	
	Saturday, Feb. 28, 2009	Mountain Max	\$25.00	
	Tuesday, Mar. 3, 2009	Mountain Max	\$25.00	
	Tuesday, Mar. 10, 2009	OHG World Championship	N/C	

Cardholder Name (print)	Signature
--------------------------------	------------------

<input type="checkbox"/> Credit Card #	Exp Date
---	-----------------

<input type="checkbox"/> Check #	Please make check payable to "Copper Mountain OHG"
---	--

The quoted prices are inclusive of a Copper Mountain Resort Surcharge. Surcharge is subject to change

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 and 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 at that time.

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 the Ski & Ride School Specialists team located in Guest Services area on the first floor of Copper 1 Lodge / Jacks

Clinic Descriptions

Balance & Stance Sat. 12/13/08

Ever found yourself in the backseat?? Thrown out of balance in the bumps?? Or just don't feel centered?? Join us on 12/13/08 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

Max: 21 members

Sara Swain, Kay Geitner & Tom Snow

Amongst the Trees Copper Friday 2/20/09, Wednesday 2/25/09

This clinic is for Club Decline and Incline skiers interested in improving their forest skiing techniques and etiquette. The focus is on safety issues, as well as the attitude and confidence necessary to be a successful tree skier. Terrain choices and pacing will be tailored to the group's rate of progression allowing proper development of the skills necessary for safe and fun forest skiing.

There will be a strict limit of 12 skiers in three groups. Helmets are **required!**

Group Levels: CD-CI

Max: 12 members WP 20 members Copper

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

Bumps for Babes Sat 2/21/09

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

Max: 28 members.

Cyndy Scholz, Sara Swain, Joani Sowinski & Carolyn Paul

Bump Skills Wed. 2/11/09

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

Group levels: TB-CD

Max: 16 members.

Dick Morgan & Roy Piskadlo

Carve & Control Tues. 1/13/09

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

Group levels: TB-CI

Max: 35 members

Harley Van De Wege, Jacques deLorimer, Tom Hand, & Jim Leibold

Mogul Madness Sat. /Sun. 1/3-4/09 or Tues/Wed 1/20-21/09

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

Max: 25 members

Rob Hill, Steve Hultquist, Harley Van De Wege, & Rolland Fearn

Mountain Max Off Piste Sat. 2/28/09 or Tues. 3/3/09

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

Max: 14 members

Paul Kresge & Carter Sales

Race Clinic Tue. 2/24/09

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.

Sandy Hildner

Ski the Sweet Spot Tues. 12/9/08

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

Group levels: TB-CI

Max: 14 members

Moe Mosley, Harley Van De Wege, & Jim Leibold

Snowboard Clinic Wed 1/7/09 Sun 2/8/09

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

Max 12 members

Dick Guyor, Bob Stone, & Susan Santori

Telemark Clinics

Beginner Tele Clinic Sun. 1/18/09

All Levels Tele Clinic Sun. 1/25/09

Intermediate – All levels Tele clinic Sun. 2/22/09

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.

Max: 14 members

Bruce and Mary Beth Sposi, & Gene Jencsok

Stress Free Skiing Wed. 12/5/08, Sat. 1/24/09, Tues 1/27/09

You may have less fun on the slopes due to stress, anxiety, and worry. This is particularly true if you are returning to skiing after an injury, our ability declines with age and we can no longer do what we used to be able to do, when we're skiing to please someone else rather than ourselves, or when there is fear of speed or heights. 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

Max. 12 members

Stephanie Bryan & Marge Seabourn

Bump Busters OHG Mogul Clinics Sat. 12/20/08, and Tuesdays 1/6, 1/27, & 2/10/09

This clinic isn't about just bump skiing

it's about ripping the whole mountain, it's about having the tools to manage all terrain without the fear or intimidation, it's about stopping, looking around, taking in the unbelievable beauty and the soul and energy of the mountains. It's an opportunity to better understand yourself and your strengths to absolutely, positively, do whatever you want on the hill. Focus on skiing in the present, focus on each turn, not the run.

Great turns create an awesome run, tap into the energy you've shaped, now own it!

Group Levels: CD to CI

Steve Karp & friends.

Women's Weekend Fri., Sat., and Sun., Feb. 6-8, 2009

Please refer to the Women's Weekend flyer for information and pricing.