



"AIM" Master XC Ski Retreat

Dec 7-10, 2006

Tamarack Resort, Donnelly, ID

There may be no shortcuts to training but there are to learning!

The Ultimate Learning Experience for the master x-c skier looking to improve their technique and training with help from America's foremost master skiing experts. Coaches will use state of the art Dartfish computer imagery feedback to maximize the athlete's learning experience. Skiing, lodging, coaching, and meals will be within the comfortable atmosphere of Tamarack Resort in Donnelly, ID. Take advantage of this perfect opportunity to have fun with fellow skiers in an exceptional learning and social environment.

What Is AIM? Athletic Imagery Method



(AIM) will provide the master athlete with the most accelerated learning system available for analyzing technique, balance, and force application. Each participant will immediately see the benefit of this unique learning device via Dartfish computerized feedback and professional video sessions. America's



foremost master skiing coaches will guide you through a step by step approach to making the necessary changes in technique and training. Each participant will view themselves on a projected screen format along with an athlete of ideal technique. This allows a direct comparison of each individual's body position and timing through split screen analysis, multi-image body stromotion, and image overlaying. Skiers will immediately see differences in technique and even more important, be given the tools to correct their individual problem areas. This technique imagery program is currently being utilized by many of the world's best athletes.

Who Is The Retreat For? The retreat is for any individual who has a passion for improving classic and skate techniques for racing and training or for anyone looking to enjoy more efficient skiing.

Where Is Tamarack Resort?



TAMARACK
RESORT

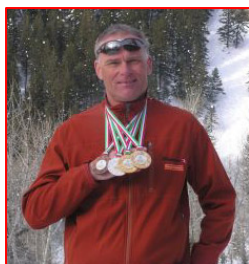
Tamarack resort is one of Idaho's finest full service, year round resorts and is located in Donnelly, Idaho, within 15 minutes of the 2008 Masters World Cup site. Along with some of the finest dining and lodging available in Idaho, Tamarack Resort boasts 30km of both skating and classic tracks including 5km of snowmaking to ensure competition quality terrain. For more details on Tamarack Resort, visit: www.tamarackidaho.com

What Is Included?

- Four days of AIM Training
 - Multiple video sessions
 - Computer enhanced imaging – overlaying, stromotion, multi-viewing
 - Expert technique and motion analysis
 - Individualized coaching for direct improvement
- **Lodging:** Four (4) nights lodging at Tamarack Resort starting Wed eve. Participants will be lodged at Tamarack Resort and will have the option of a hotel room with double/dual occupancy or a cottage/chalet to be shared with other retreat participants at skier's request.
- **Meals:** Four (4) days of meals at Tamarack Resort - starting w/dinner Wed night. Breakfast, lunch, and dinner on Thursday, Friday, and Saturday, and breakfast and lunch on Sunday.
- Resort and trail fees
- Personal DVD/Video of your AIM Training experience
- AIM Winter Training Jacket by VOMax and Toko wax apron
- Nightly presentations and gatherings including a hands on wax seminar, Ski Across Finland presentation, and much more.
- Wholesale plus 10% discount on Rossignol Race Equipment through Tamarack Resort (one time special order to be placed during the retreat for participants only)

Retreat Price: \$1,495.00

Coaching Staff:



Jon Engen – Sun Valley, ID

3 time Olympian, 8 time World Master Champion, masters skiing expert with extensive elite international coaching and racing experience. Current Chairman of USSA Cross Country. Jon has worked as a professional engineer for 18 years.



Jim Fredericks – Underhill Center, VT

National Masters Champion and World Masters Medalist, Former Director of Nordic Racing for Rossignol Ski Company, over 30 years of comprehensive coaching experience. Jim is also the owner of Sunset Ridge Productions video production business.



JoAnn Hanowski – Duluth, MN

National and World Masters Champion, one of the most winning marathon skiers in the U.S. Over 15 years of coaching experience. JoAnn has worked as an avian ecologist at the U of MN for 20 years.

Additional coaching staff will be of international caliber.

How Do I Sign Up?

The camp will be limited to 30 people to ensure the highest degree of individualized attention.

1. *Send the attached registration form with \$400 deposit to:*

Jon Engen

POB 3508

Ketchum, ID 83340

2. *Registration **Deadline:** 11/20/06*

3. *For more information contact: Jon.Engen@olympian.org or call 208-726-5884*

You will be notified by email when your registration has been received.

2006 AIM Master XC Retreat

Registration

Name: _____

Mailing Address: _____

City: _____ State: ____ Zip: _____

Telephone: Home () _____ Cell () _____ Age: ____

Birthdate: __/__/__ Male: ____ Female: ____

E-mail address: _____

Lodging: (please check appropriate)

Double/dual Occupancy Lodge Room with: King ____ or Double Queen ____

cottage: 4 people ____ chalet: 6 people ____ Jacket size (unisex) XS, S, M, L, XL

Please note any special dietary concerns:

Each participant must sign a release prior to the retreat.

Participants will benefit from the industry sponsors listed below.

