

DAN JANOWIAK RACE CAMPS, LLC

**COPPER MT., COLORADO
NOVEMBER 22-29, 2019**



Lyndee Janowiak

**NCAA All-American 2008, 2009 & 2011
University of Vermont
United States Ski Team Member 2006-2007
USSA J2 National Giant Slalom Champion 2004**

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COPPER MOUNTAIN, COLORADO

NOVEMBER 22-29, 2019

July 11, 2019

Dear Athletes and Parents,

Greetings everyone! What a beautiful summer we are having. I hope all of you have been able to enjoy your favorite summer activities. I am pleased to announce the 27th Dan Janowiak Fall Race Camp at Copper Mountain, Colorado, November 22-29, 2019. Whether you are club level, middle school, high school, collegiate or USSS racer you can benefit significantly from this camp! **EVERYONE IS WELCOME!!!**

Our track record for developing great skiers and ski racers is well documented, including many individual MHSAA State Champions, USSS Regional Titles, USSS National Titles and so much more.

Attending fall camp can potentially be a “difference maker” for the athlete as he/she prepares for success during the coming season. I assure you that I will take a personal interest in every athlete that attends my camp. History shows that athletes returning home from fall camp have developed improved skills and confidence going into the new competition season.

Begin to prepare yourself. Check 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 2019 camp at Copper Mountain in November. Your participation will get you off to a great start! See you soon!

Dan Janowiak
USSA Level 300 Certified Coach

CAMP DIRECTOR: Dan Janowiak from Manistee, Michigan. Now over 43 years experience coaching ski racing and a well-established track record for developing young athletes. 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. 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. Cold temperatures, hard machine made snow and excellent visibility, are the norm. National teams from around the world travel to Summit County for the best training in November.

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 25-30 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 or three bedroom condominiums. Each unit is equipped with 2-3 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 22, 2019 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 3pm on Friday, November 29, 2019.

Coaches and staff will be flying out of Grand Rapids Michigan.

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: \$2690. 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 \$1000.00 deposit and completed registration form is required to secure a spot in the camp. Those who register before September 20, 2019 may deduct \$75 from the deposit. Families with more than one camp participant may deduct \$50 from each participant's total fee. Cancellations after October 20, 2019 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.**

DAY CAMP RATE: \$1990. Includes all of the above excluding lodging, meals and ground transportation.

QUESTIONS: Contact Dan or Cathy Janowiak at 231-723-7512 (H); 231-510-5456 (cell) or danielj.janowiak@gmail.com

COACHING STAFF

DAN JANOWIAK

USS&S Level 300 Certified Coach
Manistee H.S. Head Coach 26 Years, retired 2002
Program Manager/Head Coach of Northwestern Alpine Ski Academy (NASA)
United States Ski Team National Development System Assistant 2003
Michigan H.S. Ski Coaches Association Hall of Fame 1999

MATT ELLIS

USS&S Level 200 Certified Coach
PSIA Level 3 Instructor/Examiner
NASA Assistant Coach

JEFF HESSLER

USS&S Level 200 Certified Coach
PSIA Level 3 Certified Ski Instructor
NASA Assistant Coach

KEEGAN JANOWIAK

USS&S Level 200 Certified Coach
NASA Assistant Coach
MHSSCA All-State First Team 2007-2009
MHSAA Giant Slalom State Champion 2009

LYNDEE JANOWIAK-PAULUS*GUEST COACH**

2008, 2009 & 2011 NCAA All-American
2006-2007 United States Ski Team Member
NorAM and Europa Cup Competitor
2004 J2 National Giant Slalom Champion

BOBBY PAULUS

University of Vermont NCAA Finals
EISA Ranked 5th in Slalom 2008
Competed Extensively Internationally
Member Park City Ski Team and Team Summit

CARLEE MCCARDEL

USS&S Level 100 Certified Coach
MHSSCA All-State First Team 2013-2016
MHSAA 2 Time State Champion, GS
NASA Assistant Coach

DAN JANOWIAK RACE CAMP **2019 REGISTRATION FORM**

(Please Print)

NAME _____

Mailing Address _____

EMAIL Address _____

Telephone _____ Date of Birth _____

Grade currently in _____ Deposit Enclosed _____

FULL CAMP (\$2690.00) _____

DAY CAMP (\$1990.00) _____

DAN JANOWIAK RACE CAMPS **2019 LIABILITY RELEASE**

I hereby release the Dan Janowiak Race Camp and any person officially connected with the camp of 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 **2019 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: _____

PLEASE SEND A COPY OF FLIGHT ITINERARY.

TSHIRT SIZE ADULT

SMALL

MEDIUM

LARGE

XLARGE