

# Trollhaugen Ski & Board Shop

Gear \* Tune-Ups \* Wax \* Apparel

Say hi to John - [skishop@trollhaugen.com](mailto:skishop@trollhaugen.com) or 715.755.2950



## GET READY!

### HOT WAX TUNING REPAIRS

### Available in the Troll Ski Shop!

## SUMMER ADVENTURES!

Troll's Aerial Adventure Park offers a 3,000ft+ zip line tour & 112+ element challenge course. Come back & play in the sky!



PRST - STD  
U.S. Postage  
PAID  
Permit NO. 6  
Dresser, WI  
54009



2232 100<sup>th</sup> Avenue • Dresser • WI • 54009  
Phone - WI: 715.755.2955 • MN 651.433.5141  
Ski & Board Shop - 715.755.2950  
[www.Trollhaugen.com](http://www.Trollhaugen.com) • © 2017/18

**Trollhaugen**  
OUTDOOR RECREATION AREA  
2017/18 Season of Fun  
Only 50 minutes North of the Twin Cities!

# HIGH SCHOOL RACE ACADEMY



The Trollhaugen Race Academy is open to High School & Junior racers ages 12-18. This program focuses on developing a solid foundation of skiing skills within each racer, incorporating those skills into racing and all mountain skiing techniques.

**go Troll**  
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Troll\_Bro\_Race\_Academy\_17-18

# GO To The **TROLL!** HIGH SCHOOL RACE ACADEMY

Take your skiing skills to the next level and maximize your racing results!

The Trollhaugen Race Academy is open to High School and Junior racers ages 12 - 18. This high level training program focuses on developing a solid foundation of skiing skills within each athlete, then applying those skills in racing and all mountain skiing.

Look at the power and skill of Mikaela Shiffrin, and ask yourself how she developed into such a dominant competitor at such a young age... Here's a hint; It wasn't by running more gates without learning how to ski! It's "ski racing," and "ski"ing comes first!



Former Race Academy athletes have not only been Varsity level competitors, but also State tournament finishers, USSA athletes and some have even come become instructors and coaches across the country.

Why this program works?

\* A high coach-to-skier ration ensures that personalized attention will be given to each athlete.

\* All coaches are USSA / PSIA trained and certified.

\* Coaches focus on the foundational skills of skiing, not only racing skills.

\* Video analysis is used extensively throughout the program allowing athletes the opportunity to study their own skiing, while working with coaches to develop a plan for improving their skill.

## HIGH SCHOOL RACE ACADEMY

Sharpen your competitive edge this season with this enhanced, intensive training from our experienced coaches.

### 8 SUNDAY TRAINING DATES

9:15am - 3:30pm

Begins Sunday, December 3rd  
(Training calendars available at arrival.)

December 3rd, 10th and 17th  
January 7th, 14th and 28th  
February 4th and 11th

### Program Director

To contact our HS Race Academy Program Director, Rob Arend:  
Phone: 651.486.8107  
Email: robbarend@msn.com

### ADDITIONAL PROGRAMS

#### RACE ACADEMY PLUS

Add additional weeknight training. Sessions scheduled to coordinate with your high school racing/training schedule. Contact Rob Arend for more information.

#### THANKSGIVING RACE CAMP

This 3-day race camp is dedicated to slalom & giant slalom!  
Info at Trollhaugen.com under 'Learning/Racing > Racing Programs.'

## RACE ACADEMY

### Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

Parents Name(s): \_\_\_\_\_

Parents Phone: \_\_\_\_\_  
(Print Clearly)

Male Female (circle one) Age \_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

### Program Fees & Options

8 SESSIONS - Coaching & Training  
(Lift Ticket Not Included) \$240 \_\_\_\_\_

8 SESSION DISCOUNTED  
LIFT TICKETS \$160 \_\_\_\_\_

SUNDAY SEASON PASS \$225 \_\_\_\_\_

THANKSGIVING RACE CAMP \$140 \_\_\_\_\_  
If you have a Season Pass for any of the camp dates deduct \$10/day that the pass is valid.

TOTAL AMOUNT: \$ \_\_\_\_\_

CHECK #: \_\_\_\_\_

VISA MASTERCARD - OR -  
(please circle one)

ACCOUNT #: \_\_\_\_\_

EXP. DATE: \_\_\_\_/\_\_\_\_ 3 DIGIT CCV# \_\_\_\_\_

BILLING ZIPCODE \_\_\_\_\_

NOTE - Complete & include the Waiver located at:  
Trollhaugen.com/pdfs/teamwaiver.pdf

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