

9th annual Great Lakes Mono-Ski Madness

Feb. 15-17, 2012

Spirit Mountain Ski Area, Duluth, Minn.

Wednesday, 12-7 p.m.,

Thursday, 9 a.m.-4:30 p.m.,

Friday 17, 9 a.m.-4 p.m., 2012

This amazing event brings together skiers and instructors from across the Midwest to work with mono-skiers to advance their skiing abilities.

Clinics topics include:

- Expert professional mono-ski instruction by staff from the BOEC, Adaptive Adventures, and U.S. Paralympic Alpine Development Team coaches.
- Movement analysis.
- Personal skiing development.
- Race techniques and race camp offered Feb. 16-17 to all adaptive ski disciplines. (option)
- Race day on Friday for all abilities.

Each day is followed by group movement analysis through video footage of skiers filmed that day. There's a Thursday night pizza party and social, and the mono camp closes with a Friday night banquet.

Cost:

\$60 per day (includes daily lift tickets, professional clinic instruction and video analysis, a ticket to the Thursday night pizza and water slide party and Friday night banquet at the Edge) **\$10** for each additional Friday night banquet ticket – must be reserved by Feb. 6.

Lodging:

- Edge Resort and Water park, 800-777-7925 (location of the Friday Banquet and Thursday night pizza and waterslide party). Make sure and request the Courage Center Duluth Group discount on rooms at the Edge.
- Duluth Visitor and Convention, 800-438-5884
- For more information, please contact Mark at Courage Center Duluth 218-726-4834 or email Mark.Hanna@couragecenter.org

Sponsored by:

- The Miller Dwan Foundation
- MN Chapter of the Paralyzed Veterans of America
- Adaptive Adventures
- Spirit Mountain
- Edge Resort and Water Park
- U.S. Paralympic Alpine Development Program
- Disabled Sports USA

9th annual Great Lakes Mono Ski Madness, Mono-Ski Camp

Name: _____

Date of Birth _____

Parent's Names:
(if under 18 years of age) _____

Address _____

City/State/ZIP _____

Phone (Home) _____ Work _____ Cell _____

Email: _____

In case of emergency contact:
Name _____

Phone: _____

Weight _____ Height _____

Disability _____

Mobility: Ambulatory ____ Wheelchair ____

Previous Ski Experience _____

Years _____

Level of Skier: Beginner Intermediate Advanced

Type of Mono Ski Used _____

Do you have your own equipment? Yes ___ No___ If no, please contact Courage Center Duluth as soon as possible: 218-726-4834 or Mark.hanna@couragecenter.org.

Days Attending: Wednesday__ Thursday__ Friday__

Do you plan on attending the banquet? Yes__ No __ Number of additional banquet tickets (\$10/each) _____ Must be reserved by Feb. 6.

Mono Camp Pricing (Includes lift ticket and 1 Banquet Ticket):

1 Day - \$60; 2 Days - \$120; 3 Days - \$180

Make checks payable to Courage Center Duluth. Amount Enclosed _____

Courage Center Duluth, 200 Ordean Building, 424 W. Superior St., Duluth, MN 55802 www.couragecenter.org/duluth. **Contact: Mark Hanna 218-726-4834**
Mark.hanna@couragecenter.org