

**9th Annual JLS Sports
trip to Bend & Trout Lake, Washington
July 21- 25th, 2010**

If you are looking for a different environment, great training and a chance to make new friends this summer, don't miss this camp!

This camp is designed for juniors/U23's looking to spend a week in a fabulous setting, while taking their training to the next level. Skiers will travel first to Bend Oregon on or about July 18th, where they will train with PNSA skiers as well as take in the local sights such as Mt Hood's spectacular beauty, Smith Rock climbing area (and its renowned hiking trails) and the Deschutes River and its activities. On the 21st the caravan will make the short, 3 hour drive to Trout Lake Washington for the start of camp. First session begins that afternoon. This camp typically has the presence of Junior National Champions and world junior / J1 Scando team members who bring a level of accomplishment to the group that will challenge participants to reach their potential. Head Coach, Ben Husaby, is a 2 time past Olympian and World Junior Coach and guest coaches have a wealth of knowledge and experience as well.

Second year J1's and OJ's will be allowed to scale Mt. Adams with a qualified group leader (pending conditions). The training at this camp will be challenging. If you are a first year J1 or older with a goal of competing in Eastern Cups, JOQ's and Junior Nationals, time spent on roller skis prior to camp is required. There will also be appropriate groups for those new to Nordic skiing and roller skiing. Participants will camp in Trout Lake while being treated to awesome food to fuel each training session.

Registration: Trip cost: \$525.00 includes camp fee, ground transportation from Bend Oregon, meals and coaching. Airfare is the responsibility of the athlete. Cost is based on 4 skiers. Contact Janice Sibilgia to sign up- **Deadline is May 30th.** jansibilgia@aol.com; 914-475-5494.

