



Eastern Inter-Club Ski League



What are you waiting for?

EICSL members: Learn how to race, not wait.

Wildcat Race Training for beginners to Bode

9am to noon, on Fridays before the races

January 6

January 27

February 10

March 2

Be at the top of Bobcat or Cheetah ready to run at **8:45am!!!**

\$50 per session

does not include lift ticket

Pay at the Wildcat Ticket Office before training

Personal coaching and tips

from 3 of New England's top race coaches

Learn

- Which part of your body moves to automatically ski faster
- Where your ski poles should be
- Three things to do for a sharp carve, and when you shouldn't carve
- Whether you should go all out when racing or ensure you finish the course
- Based on your skills, the 2 things YOU can do to really improve

No special equipment needed. You MUST wear a helmet.

Spaces are limited. Reserve at RaceTrain@skimos.com the Thursday before. No RSVP, no runs.

More info: Bob Gargano robertg321@gmail.com

