

Trollhaugen Ski & Board Shop

Gear * Tune-Ups * Wax * Apparel

Say hi to John - 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


Trollhaugen
OUTDOOR RECREATION AREA

2232 100th Avenue • Dresser • WI • 54009

Phone - WI: 715.755.2955 • MN 651.433.5141

Ski & Board Shop - 715.755.2950

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Trollhaugen 
OUTDOOR RECREATION AREA
2018/19 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.

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Troll_Bro_Race_Academy_18-19

go Troll
www.Trollhaugen.com

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 9, 16 & 23
January 6, 20 & 27
February 3 & 10

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

HOLIDAY RACE CAMP

A 2-day race camp Dec. 27 & 28 dedicated to race training.
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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