Katie Casey has a true passion for mountain biking. She has been pedaling and racing mountain bikes for 28 years. Katie is a Licensed Wilderness First Responder and Registered Maine Guide. She is the Gould Academy Assistant Mountain Bike, Road Cycling Coach and USA Cycling Level 3 Coach who resides in Bethel.

Kerry Ouellette is an avid mountain biker, skier and hiker. She has been a Perfect Turn Ski Instructor for more than 14 years. Kerry is also a Master Gardener. In her spare time she explores the region, and is very often seen honing her mountain bike skills throughout the spectacular riding terrain. Kerry lives in Carrabassett Valley and enjoys working with children specifically to develop their sport specific skills.



Assistant Coaches

Lance Dolan & Myles McKenzie

#  CARRABASSETT VALLEY RECREATION DEPARTMENT

2019 Mountain Bike Day Camps

#

#  For: Youth’s entering grades 6-12

 Where? The Sugarloaf Outdoor Center

 (SESSION 1- July 15-19)

 (SESSION 2- July 22-26)

 (9:00-4:00)



No fee for Stratton & SAD # 58 youth Non Stratton & SAD # 58 Youth $100

For more information please contact Deb Bowker

dbowker3@roadrunner.com

Please join certified coaches Katie Casey & Kerry Ouellette for

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*A Fun filled mountain bike riding experience

\* Skill Building…..

\*Discovering the benefits of efficient shifting!

\*Understanding how to improve bike handling skills….

\*Practicing bicycle safety on the trails!

\*Having a blast, making friends & riding the awesome single track…..

\*Learning to share the trail, respecting the environment and mastering safe riding…...

  

A very special thank you is extended to our taxpayers, and to the Carrabassett Backcountry Cycle Challenge Race Committee for their financial and support with this program.

Participant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Information

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participants Health Information

Does the participant have any allergies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the participant taking any medications?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What to bring? A backpack with the following: sunscreen, bug spray, a bathing suit, towel, extra clothes, snacks, lunch, and water.

 Registration is due ASAP. Camp fills up!

 (Please Circle: Week 1 0r Week 2)

Please return this registration, and a youth waiver form to: The Carrabassett Valley Recreation Dept.

C/o Deb Bowker 1001 Carriage Rd Carrabassett Valley, ME 04947

Parents Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 EMERGENCY CONTACT INFORMATION

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Health Information

Does the participant have any allergies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the participant taking any medications?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What to bring to camp with you: A backpack with the following: sunscreen, bug spray, a bathing suit, towel, extra clothes, snacks, lunch, and water.

 Registration is due by July 15th!

Please Return the Registration, fee and waiver form to: The Town of Carrabassett Valley Recreation Dept. c/o Deb Bowker 1001 Carriage Rd., Carrabassett Valley, ME 04947