



Advanced Mountain Bike Day Camp 2018 is HERE!

JOIN US AT THE CARRABASSETT VALLEY OUTDOOR CENTER WITH YOUR COACH **KATIE CASEY** FOR A WEEK FILLED WITH 20 MILES OF BIKING ON SINGLE TRACK!

**AUGUST
20-24**

ADVANCED CREW:

**CV OUTDOOR CTR / AUG 20-24 / 9:00AM – 3:00PM
GRADES 9-12 / \$299.00**

This 5-day mountain bike day camp is geared towards high school athletes* who have developed stamina and already have intermediate bike handling skills.

Each day will consist of two training rides, time to learn and practice bike mechanic skills, and work on skill-building exercises with Coach Katie Casey + Kerry Ouellette.

*Younger, but advanced MTB athletes will be accepted upon review.

THIS WEEK, INCREASE YOUR:

Safety + skills progressions
Maintenance + proper gear shifting
Navigation + trail etiquette
Appropriate pedal stroke for terrain
Nutrition + wellness

**CONTACT DEB BOWKER FOR
MORE INFO!**

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