

# WM REGION WOMEN'S WEEKEND

February 2 – 4, 2018

CRYSTAL MOUNTAIN

Do you want to be more confident in handling a toboggan? What about carving those turns down a nicely groomed slope? Or figuring out the zip line to ski/board the bumps? If you answered YES to any of these questions, then you'll want to attend the 2018 Western Michigan Region Women's Weekend on February 2 – 4 at Crystal Mountain.

There will be 2 sessions on Saturday (morning and afternoon) and 1 session on Sunday morning. For each session you can select one of the 4 areas of instruction:

- a. We will have Sue Campbell, a PSIA Level 3, teaching how to carve those turns on skis and improve your overall skiing.
- b. We will have our own Western Michigan Region Toboggan Trainers teaching you how to be more confident handling a toboggan on the steeps, in the bumps and outside the handles.
- c. We will have our Crystal Mountain hostesses offering a Mountain Tour which will include gentle terrain, cruisers, glades, steeps and bumps (or whatever the group wants).
- d. If you are a Snow Boarder, our own Kathy Brennan will be doing tobogganing and boarding sessions both days.
- e. New this year – OEC Sr. Level on the snow and possibly low angle rescue

Cost for the event is \$50 and includes 2 day lift tickets, 2 days of training, Friday night meet and greet wine/cheese party and Saturday night a potluck and gathering. We have selected Harbor Lights Resort in Frankfort for preferred lodging. They have rooms ranging from 2 bed motel rooms to 3 bedroom condos. Here is the website link: <http://harborlightsresort.net/>. When you book your accommodations, please tell them you are part of the WM Region NSP Women's group and you will get a reduced rate. The phone number there is: 800-346-9614. The training team will be staying here and both evening's activities will be at Harbor Lights.

Please sign up today as we are limiting this to 16 women. **Send your check, made payable to: WM Region Ski Patrol, along with this form to: Jackie Bottomley, 5219 E. 32 Rd, Cadillac, MI 49601.**

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Email \_\_\_\_\_ Patrol \_\_\_\_\_

Skier \_\_\_\_\_ Boarder \_\_\_\_\_ Ability \_\_\_\_\_ Working on Senior \_\_\_\_\_

For the weekend I want to: \_\_\_\_\_

### **Pick what area you'd like to attend:**

- Mark with an AM, PM or Sun.
- If you pick tobogganing, please make sure you've marked which equipment you will be skiing/riding on

Toboggan Bumps \_\_\_\_\_ Toboggan Steep \_\_\_\_\_ Toboggan Confidence \_\_\_\_\_

Skiing Technique \_\_\_\_\_ Skiing bumps \_\_\_\_\_ Improve skiing \_\_\_\_\_

Boarding bumps \_\_\_\_\_ Boarding Technique \_\_\_\_\_ Improve boarding \_\_\_\_\_

Mountain tour \_\_\_\_\_ Low Angle Rescue \_\_\_\_\_ OEC Sr. On Snow \_\_\_\_\_

Snowshoeing\* \_\_\_\_\_ Telemarking \_\_\_\_\_ Cross Country Skiing\* \_\_\_\_\_

Other \_\_\_\_\_ \*additional charge at Crystal