



Klaus Mair, Sofa Ski Camps – Austria

COACHES: Klaus Mair + Guest Coach

LOCATION: Schruns, Montafon

PRICE*: EUR 510/570

3 days (FR-SUN), 5-6 hours coaching per day, 4-6 participants per group

The goal of the Klaus Mair, Sofa Ski Camps is to help participants improve their skiing as much as possible, to help them understand skiing better and to give them the tools to continue to work on their skiing after the camp. In a friendly and fun environment we want to have a great time skiing together for three days while learning a lot.

CHARACTERISTICS of the camp are:

- **Professional Coaching made accessible to recreational skiers:** We will work with great precision on helping you make some more fundamental changes in your skiing. As we will have three full days of focused training together we will have plenty of time to learn and practice.
- **The use of modern training tools:** GoPro and Camcorder video, UClear helmet intercoms,...
- **A clean documentation of the training to secure the things learned:** Parts of the training and all video analysis done of your skiing will be filmed. At the end of the camp you will get all of your ski clips, plus the training and analysis clips on a USB stick to review again at any time later. Your training will also be documented on a live google doc which will become your **training diary**.
- **Discounted Camp Price*:** Participants that let me use their footage for the production of new ski instructional material will get a 60EUR discount on the camp.

COACHES: For the Camps that will be run with two groups Klaus will invite a guest coach. The groups will be switched during the camp. Parts of the camp will be done together and coaches will work together closely to make sure that the skiers get the most benefits from being able to work with two coaches.

PROGRAMME: We will start every day at 8:30 on snow to take advantage of the great early morning conditions and will ski for 5 hours each day. Breaks will be planned according to the situation. Each day typically finishes around 3pm.

GROUPS: We will aim for 5 participants per group. If we ski with 6 skiers in one group we will train for 6 hours. With small groups like this we will be able to keep a close eye on each participant all the time, while allowing you to step back if you need some uninterrupted time for yourself.

REGISTRATION: To register please fill out this form <https://forms.gle/CUCBrpoMuYrUxoUx6>

Participants for each week will be selected by me. I will put together teams that are similar in ability and goals. As soon as I have enough participants of similar ability I will send you an email and confirm the camp. Once this happens you can start to plan. For further information on the area, accommodation and travel please see the [Schruns Info Sheet](#).

DATES: Friday – Sunday

Camp 1: 10.1. – 12.1.2020, **Camp 2:** 17.1. – 19.1.2020, **Camp 3:** 24.1. – 26.1.2020,

Camp 4: 31.1. – 2.2.2020, **Camp 5:** 7.2. – 9.2.2020, **Camp 6:** 1.3. – 5.3.2020 (at Furano, Japan), **Camp 7:** 13.3. – 15.3.2020 **Camp 8:** 27.3. – 29.3.2020 (Bumps Camp)

Frequently Asked Questions:

How much will I improve in the three days?

By the end of the three days you most likely won't be a totally transformed skier but you should be set on the right track. At the end of your first camp you should have a clear idea of the things that you want to do more and of the ones that you want to avoid. You should have had moments that felt better and you should know what you need to do to reproduce them. The training diary and the videos will be your tools that allow you after the camp to continue to work in the right direction.

Are the Camps only for advanced skiers?

No, the camps are for lower intermediate to expert skiers. If you are comfortable on blue runs and ski parallel most of the time then you can apply. We do have quite a few very strong skiers that train with us regularly and that are getting a little better with every season.

Do you have many skiers that do more than one camp?

About half of our participants in Austria as well in New Zealand are returners. Some people join us for more than one camp a season. As there is so much to learn in skiing the journey of getting better is never ending, also for us coaches. What is essential is that we know what was done in the past and what the next goals are that we want to reach.

How are the groups put together?

The participants get selected by me. Participants might be skiers that have trained with me in the past, that have purchased an online ski analysis before or new students. New students can send me their ski clips online or fill out the registration form. I will then look for skiers that would be a great match to train together and set up the teams.

Can you help me find accommodation for the camp?

The best place to research accommodation options from affordable to exclusive is the official Montafon tourism page: www.montafon.at I also have a few accommodation suggestions put together, which you can find on the last page of the Schruns, Montafon Info Sheet.

How do you say Schruns and where is the Montafon?

The first question will be addressed during the camp. The Montafon is an amazingly pretty valley in the very west of Austria. There are 5 ski resorts in the valley that are all part of the same pass. While Schruns might not be as well-known as some of the famous Austrian ski resorts it has a long tradition in tourism and is in many ways more authentic than some of the bigger and busier places. The closest airports are Zürich, Memmingen and Stuttgart. For more travel infos please see the Info Sheet.



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