

# North Carolina Ski Trip

Camp Holston & Sugar Mountain

January 17-21, 2019

# Who Can Go?

- Navigators and Adventurers
- Registered Adults (Male only)
  - We are sleeping in two cabins all together.
  - We may not have enough space to offer privacy to female attendees.
  - Leaders of Navigators and Adventurers should be all male according to suggested TLUSA guidelines.

# What are we doing?

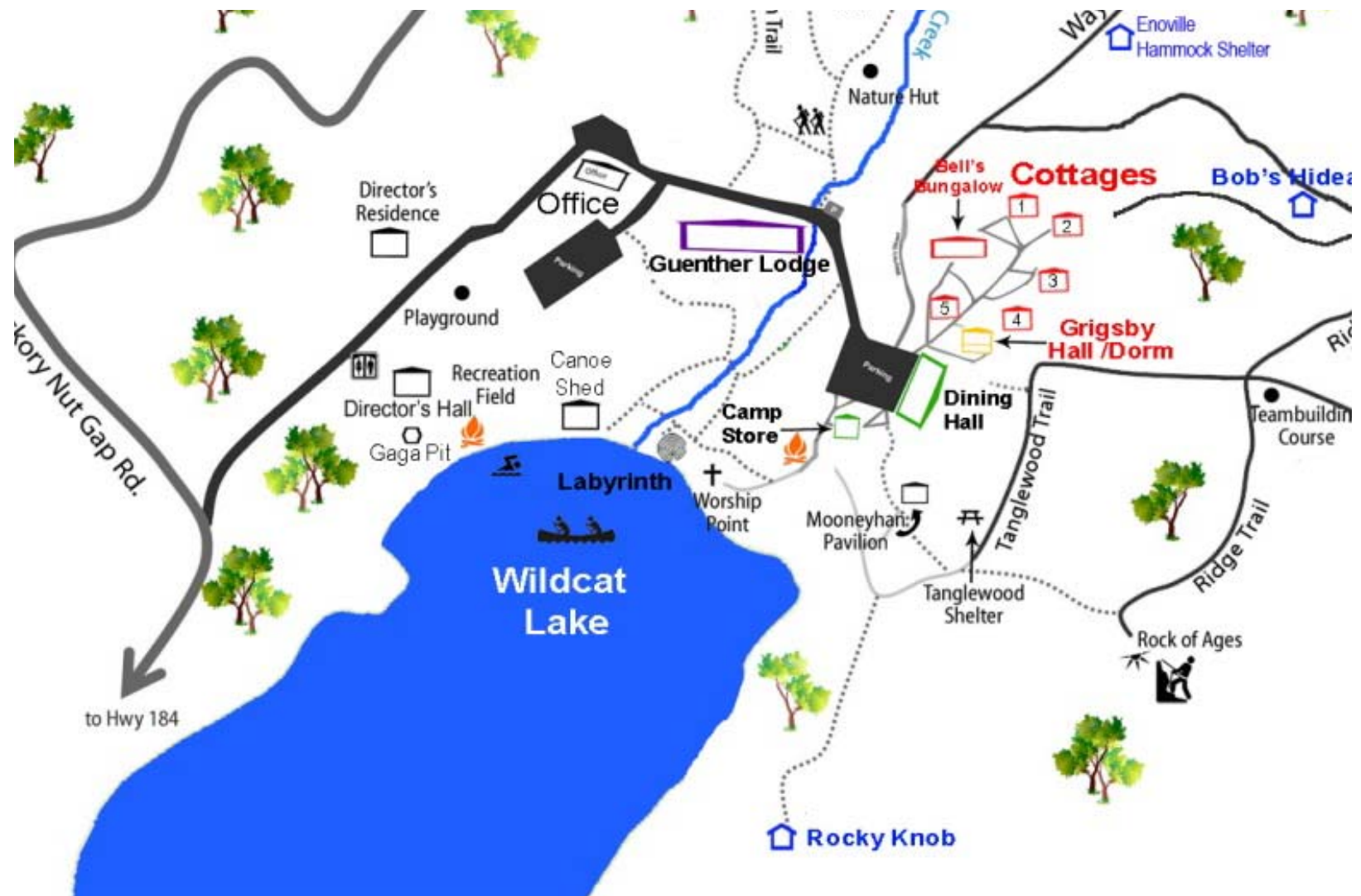
- Traveling caravan style (all together as a fleet of vehicles) to NC and back.
- Staying at Holston Camp and Retreat Center
- Skiing Sugar Mountain
  - Rent Equipment
  - Take a Morning Lesson
  - Skiing for 3 Days ☺ !!!!
- Meals everyday @ Camp or Sugar Mountain Ski Lodge

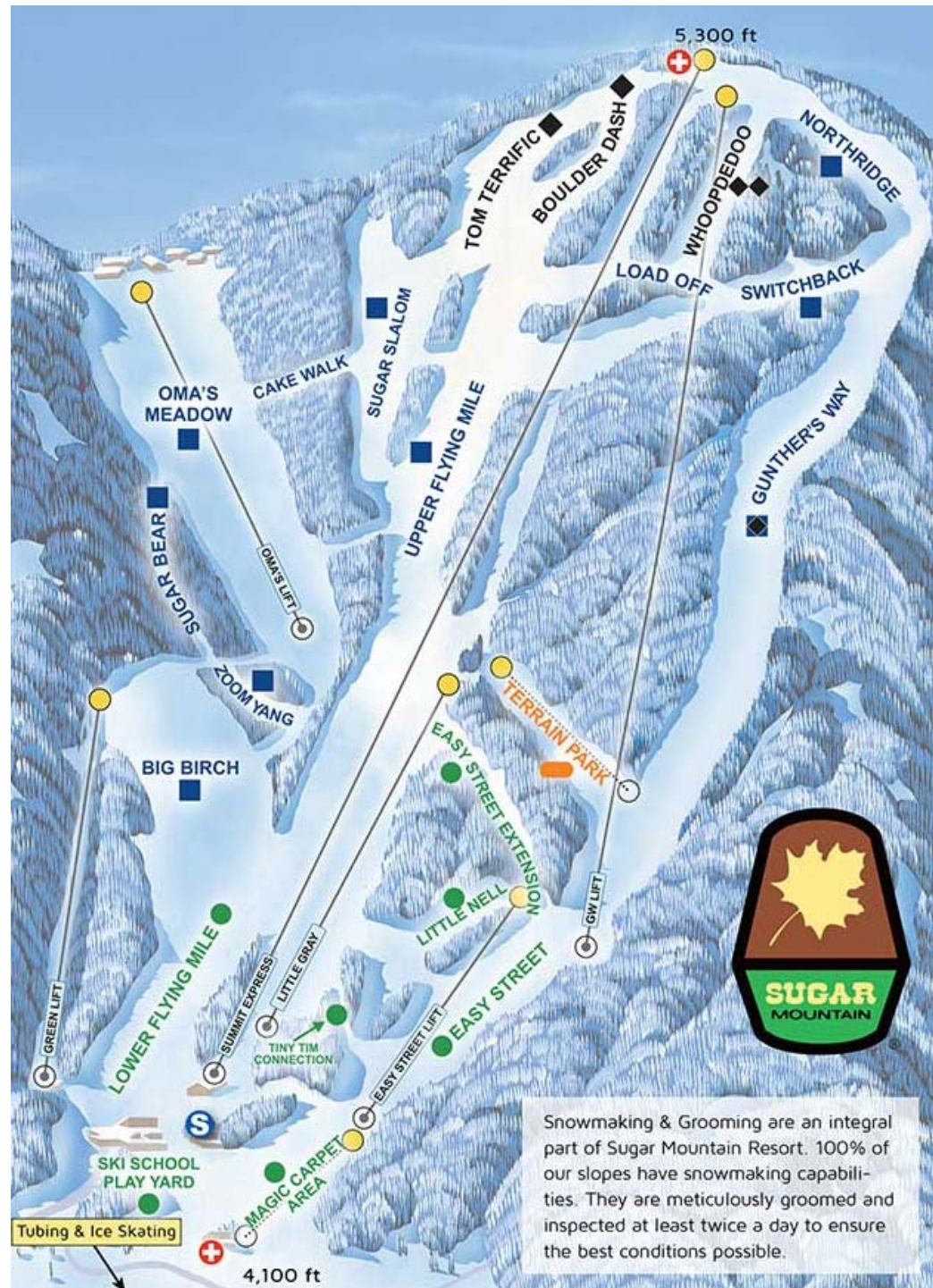


# Where is all of this?

- Holston Camp and Retreat Center  
6993 Hickory Nut Gap Road  
Banner Elk, NC 28604  
844-465-7866 ext. 4 for Lisa Jones
- Sugar Mountain Resort  
1009 Sugar Mountain Drive  
Sugar Mountain, NC 28604  
800-784-2768

# Camp Holston





# When are we doing this?

- Thursday, January 17 depart 6 AM from Messiah Lutheran Church
- Drive time is 10 ½ hours straight through.
- Estimated Holston Camp arrival time with stops is around 7 PM for dinner.
- Skiing Friday thru Sunday January 18-20.
- Return Trip on Monday, January 21 (MLK Day), Depart by 8:30 AM and arrive by 9:30 PM at Messiah Lutheran Church Parking Lot



# How Much?

- \$525 per person (Excel)
- Includes:
  - All Lodging
  - All Meals
  - 3 Day Lift Ticket
  - 3 Day Ski & Helmut Rental
  - 1 Group Ski Lesson
  - Fuel (Travel Costs)



# Other Expenses

- Money for meals while traveling.  
Suggested \$40 per person
- Money for any souvenirs or snacks while at Sugar Mountain Resort.

# Clothes & Other Stuff

- Cap
- Face Mask
- Long Underwear
- Ski Socks or double up on socks
- Ski Bibs or Suit
- Long Sleeve Shirts
- Sweatshirts or Sweater
- Jacket
- Gloves
- Scarf
- Waterproofing
- Goggles or Sunglasses
- Sleeping Bags Pillows and/or Bedding
- Electronics on the Way up, OK. Turn over games while there

# Exercises



# Exercises



*Power Skipping*



*Repeated Tuck Jumps*



*Repeated Long Jumps*



*Diagonal Obstacle Jump*



*Alternate Leg Bounding*



*Squat Jump*



*Single Leg Hops*





## Holston Camp Mess Hall







# Cabin / Bunk House

