



2018-2019 **SNOWBIRD SKI** Camp





## **SNOWBIRD Friends**



### **Welcome to SNOWBIRD SKI CAMP!**

*SNOWBIRD SKI CAMP is a place where anyone who likes to ski can come and have lots of fun. Of course, it is OK if it is your first time skiing. If you come to SNOWBIRD you will become good at skiing very quickly. If you come to SNOWBIRD, you will make many new friends. If everyone becomes a snow bird, you can fly down the snowy mountains of the 21st century!*

### **Message from Camp Director**

This year, SNOWBIRD SKI CAMP will meet for its 43rd season!

Since 1976, roughly 5,000 young people have come and strengthen their bodies and hearts through skiing.

One important characteristic of SNOWBIRD, apart from improving skiing skills, is to understand a lifestyle within nature, and improving young people's environmental sensitivity. Developing future leaders is also a principal idea. Encountering good leaders is essential to realize this ideal, and to learn high skiing techniques effectively and safely, while having a good time. In addition to the top-level Japanese instructors, sensational skiers and instructors from other countries sometimes take part in SNOWBIRD. By interacting with these instructors, young people develop global interests and it is a great opportunity for them to open their eyes to the world. I hope that young people can take what they have learned at SNOWBIRD, foster it in their hearts, and gain a life-time-sport.



Snowbird Ski Camp  
Tetsu Miyazaki, Director

## Goals of SNOWBIRD SKI CAMP

**SNOWBIRD is the best camp for you to learn how to ski because...**

★ **Top-level instructors teach campers with passion, and the camp itself is a non-profit purpose.**

★ **Amidst the grandeur of snowy mountain landscapes, you can train your mind and spirit while skiing, improve your sensitivity to nature, and encourage the development of future world leaders.**

★ **Beginning skiers use the lift and cable car from an early time, and practice sliding down long courses. This method gives them big results.**

★ **With the aim of improving skills, SNOWBIRD Ribbon Prizes are provided. You can also take SAJ (Ski Association of Japan) skill test and junior skill test.**

★ **Fluent English speaking staff and instructors are present throughout the camp.**



## Instructors & Staff

Director	Tetsu Miyazaki	Official Ski Association of Japan (SAJ) Certified Instructor, NPO UTREK
Instructor	Hideaki Suzuki	Official SAJ Certified Instructor, former teacher at Toho Gakuen High School
Instructor	Kyosuke Sudo	Official SAJ Certified Instructor, former teacher & Honorary professor at Gakushuin
Instructor	Takao Isogawa	Official SAJ Certified Instructor, Auditor & Honorary professor at Shigakukan
Instructor	Ryoji Matoba	Official Canada Ski Association instructor, Official SAJ Certified Instructor
Instructor	Tetsunori Matsuzaka	Official SAJ Certified Instructor, Official racing pole setter
Instructor	Akiko Nagasawa	Official SAJ Certified Instructor
Instructor	Kunihide Takada	Official SAJ Certified Instructor, Studio Kazahana, Mountaineers
Instructor	Kanako Tsurushima	Official SAJ Certified Instructor
Instructor	Masataka Okabe	Official SAJ Certified Instructor, Professor at Tokyo Jikei Medical school
Instructor	Haruhito Miyazaki	Former US Alpental Ski School Assistant Instructor, CEO /Haru & Partners
Instructor	Naoko Wada	SAJ Level 1 Skier, Education Network , UTREK
Guest Instructor	Naoshige Takamura	Austrian National Certified Instructor, Official SAJ Certified Instructor
Guest Instructor	Olin Armstrong	Former member of US National team, Coach of Colorado Breckenridge Racing Team
Honorary Advisor	Debbie Armstrong	Women's GS Gold medalist of 1984 Winter Olympics, US Demo Team Member
Honorary Advisor	Yves Forni	Former member of France National team, France National Certified Instructor
Advisor	Ph.D. Hugh Armstrong	Former-technical Director of US Alpental Ski School, Official US Ski Association instructor, Psychology Coach for US Olympic Team, Retired Associate Psychology Professor of University of Washington
Advisor	Dollie Armstrong	Official US Ski Association instructor, President / Ski For All
Advisor	Akira Ito	SAJ Level 2 Skier, Former Aoyama Gakuin Elementary school Principal, Board member of Handbell Ringers of Japan, Advisor of UTREK
Advisor & Medical doctor	Kozo Toyama	SAJ Level 1 Skier, Past-school Physician of Aoyama Gakuin "Snow School"
Advisor & Medical doctor	Yu Okabe	SAJ Level 1 Skier, Director of Okabe Internal Clinic
Advisor & Medical doctor	Masao Matsuda	SAJ Level 2 Skier, Advisor at surgical department, Chukyo Hospital
Camp Mother	Fukuko Miyazaki	SAJ Level 1 Skier, UTREK
Chief Staff	Tomomi Uhara	UTREK



# Winter Camp in Koumi

Dates: December 26-29, 2018  
 Place: Koumi RE-EX Hotel  
 Matsubarakokogen Koumi-cho  
 Minamisaku-gun Nagano 384-1103  
 Tel: 0267-93-2211  
 Campers: Elementary school students - Adults  
 # of Campers: 30  
 Application deadline: December 3, 2018



## 【From Shinjuku】

Program fee: 1<sup>st</sup> to 9<sup>th</sup> grader ¥ 79,800  
 (including lift tickets) 10<sup>th</sup> grader and older ¥ 85,800  
 Transportation: Charter bus  
 Meeting place: Shinjuku Center Building  
 Meeting time: 8:30am

## 【From Nagoya】

Program fee: 1<sup>st</sup> to 9<sup>th</sup> grader ¥79,800  
 (including lift tickets) 10<sup>th</sup> grader and older ¥85,800  
 Transportation: Charter bus or train  
 Meeting place: JR Nagoya station  
 Meeting time: 8:30am

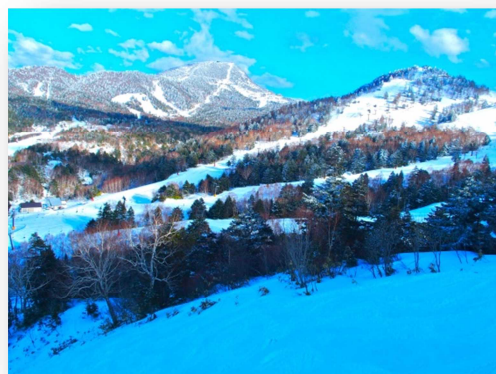


- ★ 4 day Rental Ski Gears: Skies, boots, and pole: ¥ 7,000 for 1<sup>st</sup> to 9<sup>th</sup> grade  
 ¥11,000 for 10<sup>th</sup> grader or older
- ★SAJ Junior Skill Test fee: ¥1,000
- ★Ski Lesson and Camp DVD for your memory: ¥1,500



# Spring Camp in Kumanoyu

Dates: March 26-29, 2019  
 Place: Kumanoyu Hotel  
 7148 Kumanoyu Yamanouchi-cho  
 Shimotakai-gun Nagano 381-0401  
 Tel: 0269-34-2311  
 Campers: Elementary school students - Adults  
 # of Campers: 30  
 Application deadline: March 4, 2019



## 【From Shinjuku】

Program fee: 1<sup>st</sup> to 6<sup>th</sup> grader ¥ 79,800  
 (including lift tickets) 7<sup>th</sup> grader and older ¥ 84,800  
 Transportation: Charter bus  
 Meeting place: Shinjuku Center Building  
 Meeting time: 8:00am



## 【From Nagoya】

Program fee: 1<sup>st</sup> to 6<sup>th</sup> grader ¥79,800  
 (including lift tickets) 7<sup>th</sup> grader and older ¥85,800  
 Transportation: Charter bus or train  
 Meeting place: JR Nagoya station  
 Meeting time: 8:00am

- ★ 4 day Rental Ski Gears: Skies, boots, and pole: ¥ 8,900 for 1<sup>st</sup> to 6<sup>th</sup> grade  
 ¥10,000 for 7<sup>th</sup> grader or older
- ★SAJ Skill Test fee: ¥1,000
- ★SAJ Junior Skill Test fee: ¥1,000
- ★Ski Lesson and Camp DVD for your memory: ¥1,500



## How to Apply



1. Please fill out the application form and send it to us by fax or email.  
FAX: 03-3370-5365 Email: info@utrek.org
2. We will send you the total bill either by fax or email.
3. Please deposit the total fee by the deadline to the account below.  
(Total fee = Program fee + Rental Ski Gears)
4. After the deadline, we will send you detailed information by mail or email.



### Name of bank:

Mizuho Bank  
Shinjuku Nishiguchi Branch

### Account holder's name:

SNOWBIRD SKI SCHOOL

### Account number:

1730186

\*Full application is made after receiving the deposit.

### Cancellation Policy

3 days before camp.....¥10,000  
1day before camp.....30% of program fee  
Day of camp.....50% of Program fee

## Things to bring to the ski camp



- Skiwear should be warm, functional (allowing easy movement), ventilated (allowing you to sweat), and waterproof.
- It is easy to catch a cold if you keep wearing wet clothes. Therefore please bring separate outfits to wear under your ski wear and in the lodge. Do not use the same sweatpants that you wore under your skiwear for your pajamas!
- Please wear non-slippery sneakers on the way to and from the ski resort.
- Choosing the proper ski equipment is important for advancing your skills and for having fun safely. If you are borrowing your older brother's or sister's skis or boots, please make sure that you try them at home for fit and comfort at least once before bringing them with you.
- After camp each year, SNOWBIRD staff members find many things that people have left behind. Please write your name on all of your belongings including each of your socks. And please remember what you brought with you.
- You can send your baggage to the hotel in advance. Mailing address is on P.3 and P.4.

✓	
	Ski wear
	Waterproof clothing; over pants are ok.
	Goggles
	Tights (3 pairs)
	Hat
	Ski Gloves (2 pairs)
	Turtleneck shirt or similar
	Sweater
	Pajamas, casual wear for your room
	Socks, underwear (3 pairs)
	Toiletries, towel, writing implements
	Spending money
	A box lunch for the first day of trip, snacks
	Copy of your travel insurance



## Camp Schedule



### Day1

8:00 Departure  
11:30 Lunch (in the bus)  
13:00 Arrive in hotel  
14:30 Ski lesson  
18:00 Dinner  
19:45 Meeting/fun time  
21:30 Lights out

### Day2-3

7:00 Rise and Shine!  
7:30 Breakfast  
9:15 Ski lesson  
12:00 Lunch  
13:30 Ski lesson  
18:00 Dinner  
19:45 Meeting/fun time

### Day4

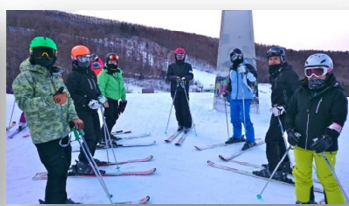
7:00 Rise and Shine!  
7:30 Breakfast  
9:00 Ski lesson  
11:00 Lunch  
12:30 Packing/departure  
16:00 Arrive in Shinjuku  
16:30 Arrive in Nagoya

## Snowbird Ribbon Prizes



SNOWBIRD Ribbon Prizes are given depending on one's skill. The following is the 10 colors of ribbon.

- Beginner** Yellow, Orange, Light Green
- Intermediate** Pink, Light Blue, Green (SAJ Level 3-4)
- Advanced** Purple, White, Red, Blue (SAJ Level 1-2)



## Official SAJ (Ski Association of Japan) Skill Test (Optional)



Winter camp offers SAJ Junior skill test, and Spring camp offers both SAJ and SAJ Junior skill test.

Please feel free to ask us if you are interested in these tests.

