



Speed Camp

Jan 28-30, 2019

Crabbe Mountain,
Lower Hainesville, NB

Get ready for the competition! Speed is where it's at.

Get some early season training at Crabbe Mountain with our Speed Camp from January 28-30 th to get ready for the race that takes place Feb 1-3, 2019.

Three days of training at Crabbe Mountain on the race runs, Kings Horn and the Flume

Great training, on a consistent pitch to promote gliding and very technical speed training with blind turn and lots of changing terrain lots of gates with different sets.

COST:	\$180.00 for the three days
WHAT IS INCLUDED:	Lift Tickets and One Athlete Dinner, SG training geared for each age group U14 and U16 and older on the Flume and Kings Horn
DAILY SCHEDULE:	
8:45 am	Athlete lift access
9:00 am-noon	Training
12-1 pm	Lunch
1-3 pm	Training
5-7pm	Athlete Dinner (Tuesday Jan 29)

(schedule subject to change for unforeseen circumstances)

Camp will consist of speed training and preparation for SG race

More detailed information below.

Detailed Information

Athlete Registration forms: attached below

Athlete Registration is due by January 21, 2018. All athletes must also provide a signed athlete registration form (attached) to their coach in advance.

Eligible Participants:

This camp is for athletes from **U14 and up only**. U14 athletes eligible for Can-Ams in Mont Tremblant are advised to attend camp in order to be eligible for the Super G at that event.

IMPORTANT

ALL ATHLETES ATTENDING THIS CAMP **MUST** HAVE A HELMET THAT HAS THE FIS STICKER. NO STICKER, NO CAMP.THEY WILL BE CHECKED.

Clothing and Equipment Requirements:

Name on all clothing & equipment. Athletes to bring 3 Jackets, water bottle and a backpack (athletes leave their extra coats at the bottom of the course to wear up the chair).

No slalom guards on helmets or poles and no slalom skis. The equipment requirements for the camp are:

- Race skin suits and Race helmets
- Back protectors (highly recommended) and mouth guards (recommended)
- Event specific skis U16 and up – event specific Super G skis

U14 SG or GS skis with a minimum 21-metre radius

The one major change we introduced last season will remain. We made the group split based on age as opposed to club based.

We will have one group of athletes that will train together that is U16 and U18 athletes only. These athletes are more experienced and most likely have been on these tracks and we would like to set courses based on U16 and U18 distances.

The start list for each group is based on SG points, lowest to highest. For those starting the camp this season, with 999 SG points, they will either be placed on the list randomly or in clusters of club athletes.

The other group will be U14 athletes and any U16 athletes that the coaches feel need more experience. Again, we would like to set courses that more fit athlete development needs and requirements.

Volunteers:

Volunteers are always appreciated☺. If coaches, parents and athletes can be there to help set fencing Saturday January 26 and Sunday January 27 it would be greatly appreciated. Please let

Michele Leger know if you can help. michele@skinbca or (506) 474-3671. There are also some off-snow activities that we could use help with such as:

- Acquiring Door prizes/swag for Fireside chat
- Set up help with Fireside chat and athletes dinner
- Timing of training runs
- Taking video and photos

Coaches:

Please note there are 2 coaches' meetings:

1) Sunday January 27th, 6:30 pm at the CMRC race shack.

2) Monday January 28th, 7:15 am at the Crabbe Mountain Main Lodge in the lounge by the Fireplace

COACHES FOR CLUBS

Clubs Must also provide coach (es) for the camp at their own cost. 7 & under athletes= 1 coach, 8+ athletes= 2 coaches, 16+athletes= 3 coaches. If your club cannot provide sufficient coaches, additional coaching can be arranged with cost with another club with Ski NB assistance.

If your club had both U14 and U16 and older athletes you MUST provide coaching for both groups.

Coaches will meet daily at the CMRC shack at 7:45 am to make the final plan for the day as well as coach assignments.

With the addition of another training run that needs to be fenced for the safety of all athletes, coaches are asked to be at Crabbe Mountain on Sunday January 27 all day in order to install the fencing... if at all possible

Athlete Registration Form

All athlete registrations must be submitted to Club by January 21. Clubs must bring to Registration Sunday January 27 or Monday January 28.

Name: _____

Age (Category): _____

Athlete Phone #: _____

Parent Phone #: _____

E-mail: _____

Provincial Medical Insurance #: _____

Emergency Contact: _____

Relationship: _____

Phone #: _____

Race Club: _____

Coach: _____

Lift Ticket Required YES or NO (please circle or highlight one)

Dinner Ticket YES or NO (Please circle or highlight one)

Complete if the participant is under 18 years of age – to be completed by parent or legal guardian:

By placing my initials here _____, I authorize that my son / daughter is physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NB, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Parent / Legal Guardian _____

(Authorizes treatment in case of emergency)

Complete if the participant is 18 years of age or older:

By placing my initials here _____, I authorize that I am physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NB, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Participant 18 and over _____

(Authorizes treatment in case of an emergency)