



2023 SKI NB SPEED CAMP

Dates	Monday January 30 – Wednesday February 1
Name of Event	Ski NB Speed Camp
Event	Three days of speed training at Crabbe Mountain
Gender	Women and Men
Location / Course	Crabbe Mountain, Lower Hainesville, NB. Kings Horn, Flume
Daily Schedule	8:45 am: Athlete lift access 9:00 am– 12:00 pm: Training 12:00-1:00 pm: Lunch 1:00-3:00 pm: Training
Other Events	Tuesday Feb 1 5:00-7:00 pm Athlete Dinner – Crabbe Lodge Cafeteria Tuesday Feb 1 5:00-7:00 pm Fireside Chat – parents/coaches – Crabbe Lodge bar
Eligibility	U14, U16, U18, U21
Entry Fee	\$235 includes lift tickets for 3 days and athlete dinner
Entry Deadline	Sunday January 22, 2023
Registration & Payment	ATHLETES - Register and pay through Team Snap using the link below. https://go.teamsnap.com/forms/353294
Equipment Requirements	All athletes must have a FIS approved helmet. 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: <ul style="list-style-type: none"> • Race skin suits and Race helmets • Back protectors (highly recommended) and mouth guards (recommended) • Event specific skis: <ul style="list-style-type: none"> U16 and up – event specific Super G skis U14 SG or GS skis with a minimum 21-metre radius
Coach Staff & Coach Meetings	Monday January 30 7:15 am at the Crabbe Mountain Main Lodge in the lounge by the Fireplace Coaches will also meet daily at the CMRC shack at 7:45 am to finalize the plan for the day and receive coach assignments Coaching staff – clubs must provide coaches based on the number of athletes attending from their club <ul style="list-style-type: none"> • 7 or less athletes - 1 coach • 8+ athletes - 2 coaches • 16+athletes - 3 coaches
Course Set	Groups will be split by age with different course sets <ul style="list-style-type: none"> • U16 and U18 athletes only • U14 athletes and any U16 athletes that their coaches feel need more experience. <p>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.</p>

Volunteers

Volunteers are critical to the success of the camp.

If coaches, parents and athletes can help set fencing on Saturday January 28 and Sunday January 29 it would be greatly appreciated. Please email Michele Leger at michele@skinb.ca .

A few volunteers will also be needed to help with setup of Athlete's dinner and Fireside chat on Tuesday Feb 1

Thanks in advance for your assistance

