



## **CAMP NOTICE – SKI NB GIRLS FAST FORWARD February 18<sup>th</sup>-19<sup>th</sup>, 2024**

**Athlete Eligibility**    **Women: U12, U14, U16**

**Location**            **Mont Farlagne, Edmundston, NB**  
Training runs: Jessome, Brayonne

**Daily Schedule**    **Day 1**

8:30 am	Welcome, athlete briefing, and pass/swag pickup
9:00 am – 12:00 pm	SL training on Jessome
12:00 pm-1:00 pm	Lunch
1:00 pm – 3:00 pm	SL training on Jessome

**Day 2**

9:00 am – 12:00 pm	GS training on Brayonne
12:00pm – 1:00 pm	Lunch
1:00 pm – 3:00 pm	GS training on Brayonne
3:00 pm – 3:45 pm	Training environment teardown

**Other Events**            **Monday, February 19<sup>th</sup>: Guest Speaker**  
**Renee Matte, Mental Performance Consultant, CSIA**  
Time: TBD (late morning)

**Registration**            Please register at this link <https://go.teamsnap.com/forms/415872>

**Entry Deadline: Tuesday February 13**

**Accommodations**    A block of rooms has been reserved at the Four Points for Saturday and Sunday night under Ski NB at \$141/night

Book at <https://www.marriott.com/event-reservations/reservation-link.mi?id=1702495727418&key=GRP&app=resvlink> or call 506-739-7321

## Equipment Requirements

The equipment requirements for the camp are:

- Multi-event or event-specific skis are acceptable for U12 athletes
- Athletes with event-specific skis must come prepared for SL and GS training both days, regardless of schedule
- All athletes must have a hard-eared helmet for GS training (Day 2), U14+ GS helmets must be FIS-approved
- Back protectors are encouraged for all athletes during GS training

## Coaching Staff & Coach Meetings

### Coach Meetings:

**Sunday, February 18<sup>th</sup> @ 7:45 am: MFRT Race Shack**

**Monday, February 19<sup>th</sup> @ 8:15 am: MFRT Race Shack**

### Coaching Staff:

Clubs must provide certified coaches in good standing with ACA and the NCCP based on the number of athletes attending from their club:

- 7 or less athletes - 1 coach
- 8+ athletes - 2 coaches
- 16+ athletes - 3 coaches

**Note: Ski NB asks all clubs to prioritize sending female coaching staff to this event to support the feminist and empowerment-based values of Girls Fast Forward 2024.**

## Course Set

Determining training environments will be led by the Ski NB Girls Fast Forward 2024 working group, comprised of coaches from each New Brunswick Club and any additional coaches who wish to volunteer their time leading up to Girls Fast Forward 2024, in collaboration with all coaches in attendance to ensure that training environments are created to achieve the desired developmental outcomes.

To be involved in any or all pre-camp planning discussions, please email Director of Athlete Programs at [kay@skinb.ca](mailto:kay@skinb.ca).

## Volunteers and Athlete Responsibility

Volunteers are critical to the success of the camp.

All athletes must assist in tear down of the training environment on the final day of camp.

**Coaches, parents, and athletes who are available to set fencing on Saturday, February 17<sup>th</sup> are asked to please contact Director of Athlete Programs, Kay Mills, at [kay@skinb.ca](mailto:kay@skinb.ca).**



*Ski NB would like to thank Centre plein air Mont Farlagne for their continued support in providing quality training to athletes from Atlantic Canada and beyond.*