



## CAMP NOTICE – SKI NB U10/U12 TECHNICAL CAMP 2024 January 24<sup>th</sup>-25<sup>th</sup>, 2024

**Athlete Eligibility** Men/Women: U10, U12

**Location** Poley Mountain, Sussex, NB  
Training runs: Bullet, Chute

**Daily Schedule** Day 1

8:30 am	Welcome, athlete briefing, and pass/t-shirt pickup
9:00 am – 12:00 pm	SL training
12:00 pm-1:00 pm	Lunch
1:00 pm – 3:00 pm	Dual SL training

Day 2

9:00 am – 12:00 pm	KK training
12:00pm – 1:00 pm	Lunch
1:00 pm – 3:00 pm	GS training (provided Sidewinder is open)
3:00 pm – 3:45 pm	Training environment teardown

**Other Events** Athlete and Coach pizza party Wednesday 4pm in the Lodge

**Registration** All athletes must be registered online via Team Snap using the link below:  
<https://go.teamsnap.com/forms/411929>

**Registration Fee (PMRC athletes):** \$130

Includes lift ticket for 2 days, athlete pizza party and t-shirt

**Registration Fee (non-PMRC athletes):** \$190

Includes lift ticket for 2 days, athlete pizza party and t-shirt

**Entry Deadline: January 19, 2024**

**Equipment Requirements** The equipment requirements for the camp are:

- Multi-event or event-specific skis are acceptable
- Athletes with event-specific skis must come prepared for SL and GS training
- U12 athletes must have a hard-eared helmet for GS training (Day 2)
- Back protectors are encouraged for U12 athletes during GS training

**Coaching Staff & Coach Meetings**

**Coach Meetings:**

**Wednesday, January 24<sup>th</sup> @ 7:45 am: Poley Mountain Lodge**

**Thursday, January 25<sup>th</sup> @ 8:15 am: Poley Mountain Lodge**

**Coaching Staff:**

Clubs must provide certified coaches in good standing with ACA and the NCCP. Minimum requirements based on the number of athletes attending from each club are below. Clubs can increase the number of coaches based on athlete age at their discretion.

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

**Course Set**

Determining training environments will be led by the Ski NB U10/12 Technical Camp 2024 working group, comprised of coaches from each New Brunswick Club and any additional coaches who wish to volunteer their time leading up to U10/12 Technical Camp 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**

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

Volunteers are critical to the success of the camp. Coaches, parents, and athletes who are available to set fencing on Tuesday January 23 early evening are asked to please contact Director of Athlete Programs, Kay Mills, at [kay@skinb.ca](mailto:kay@skinb.ca).

**Alternative Dates**

In the event of venue closure or other unforeseen circumstances leading to cancellation, Ski NB will provide an alternative training day on Friday, January 26<sup>th</sup>.



*Ski NB would like to thank Poley Mountain for their continued support in providing quality training to athletes from Atlantic Canada and beyond.*