



**Ski Cape Smokey and the Cape Smokey Race Team will be hosting a Slalom Training Camp April 4th - 7th.**

LOCATION	Ski Cape Smokey, Ingonish NS
ORGANIZATION	Cape Smokey Race Team & Ski Cape Smokey
INFORMATION	<p>The camp will be focused on U10 to U14 athletes. If there is enough interest from other age groups, we will try our best to accommodate them.</p> <p>One of the primary goals of the camp is to show athletes that there are training opportunities available after the Competitive Phase.</p> <p>There is no pressure to perform in order to make National events. Fun skiing, Fun training, Fun racing and hopefully a chance to start thinking about next season's goals.</p>
ELIGIBILITY	Registered with Alpine Canada / Ski Nova Scotia
REGISTRATION	<p>Athletes can register by emailing Cape Smokey Race Team at <a href="mailto:capemokeyskiteam@gmail.com">capemokeyskiteam@gmail.com</a> by March 22, 2024. Please include age category, club affiliation, ACA membership #, emergency contact information and the dates the athlete will be attending.</p> <p>Coaches will be given free passes. Coaches can also register by emailing Cape Smokey Race Team at <a href="mailto:capemokeyskiteam@gmail.com">capemokeyskiteam@gmail.com</a> by March 22, 2024. Please include your name, phone number, email address and the dates you will be attending.</p>
COACHING STAFF & COACH MEETINGS	The tentative schedule (which will be discussed at coaches meeting on Thursday 4 April at 16:30 in the race room at Ski Cape Smokey) I.e., lunchtime and breaks, finish/teardown times

<p>TENTATIVE SCHEDULE</p>	<p><b>4 April</b> 13:00-16:30, Free ski with coaches (someone will be available to help organize this)</p> <p><b>5 April</b> 09:00, Poma lift opens for warm up; 09:30 gondola opens, coaches will set a variety of environments on the fenced training run. The length of training will be decided by coaches. Environment and fatigue levels will be monitored. The coaches' meeting will immediately follow training.</p> <p><b>6 April</b> 09:00 Poma, 09:30 gondola. Training runs will be geared toward race simulation. Length of training will be decided by coaches. Coaches meeting immediately following training.</p> <p><b>7 April</b> 09:00 Poma, 09:30 gondola. FUN Race! Format to be determined by coaches, number of athletes, environmental conditions, and time for tear down.</p>
<p>COST</p>	<p>Athletes and coaches will need to purchase a lift daily ticket (Nomad rate).</p>
<p>VOLUNTEERS</p>	<p>Volunteers will be needed on the race day. If you are willing to help, please let a member of Cape Smokey Race Team know or email <a href="mailto:capemokeyskiteam@gmail.com">capemokeyskiteam@gmail.com</a></p>
<p>PLEASE NOTE</p>	<p>All athletes MUST help with the tear down of B-Netting on Sunday after the training race. Bibs must be returned at the end of the race. There is no bib deposit.</p>
<p>ACCOMMODATIONS</p>	<p>Keltic Lodge <a href="https://kelticlodge.ca/">https://kelticlodge.ca/</a> *please notify if you are interested in contact information for a package</p> <p>Knotty Pine <a href="https://knottypinecottages.ca/">https://knottypinecottages.ca/</a></p> <p>Trailside <a href="https://www.stayatrailside.ca/">https://www.stayatrailside.ca/</a></p>