



CAMP NOTICE – SKI NB SPEED CAMP 2025 JANUARY 27th-29th , 2025

**Athlete
Eligibility
Location**

Men/Women: U14, U16, U18, U21
Crabbe Mountain, Lower Hainesville, NB.
Training runs: King's Horn, Hume's Flume

Daily Schedule

8:45 am	Athlete lift access
9:00 am – 12:00 pm	Training
12:00 pm-1:00 pm	Lunch
1:00 pm – 3:30 pm	Training

Other Events

Monday, January 27th

8:00 am @ Crabbe Mountain Cafeteria: Athlete welcome, bib and pass pickup, ski patrol briefing for athletes

Monday, January 27th

5:00-7:00 pm @ Thirsty Boot Lounge: Mental Performance Session

Tuesday, January 28th

5:00-7:00 pm @ Crabbe Mountain Cafeteria: Athlete Dinner

Wednesday, January 29th

5:00-7:00 pm @ Thirsty Boot Lounge: Mental Performance Session

Registration

All athletes must be registered online via Team Snap using the link below:

<https://go.teamsnap.com/forms/443994>

Lift Ticket – non Crabbe passholders: \$138 (3 days). Tickets will be distributed at 8:00am Monday morning Crabbe cafeteria

Entry Deadline: Friday January 24th 2025

Equipment Requirements

The equipment requirements for the camp are:

- FIS approved helmet (**mandatory**)
- Race skin suits
- Back protector (**mandatory**) and mouth guard (recommended)
- Event specific skis:
 - U16+: Event-specific Super G skis
 - U14: SG or GS skis
- 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.

Coaching Staff & Coach Meetings

Coach Meetings:

Monday, January 27th @ 7:15 am: Thirsty Boot Lounge (Crabbe Mountain Bar)

Tuesday, January 28th and Wednesday, January 29th @ 7:45 am: CMRC Race Shack

Volunteers

Volunteers are critical to the success of the camp.

Coaches, parents, and athletes who are available to set fencing on Saturday, January 25th and Sunday, January 26th are asked to please contact the Ski NB Athletic Director Brad Lashley, at lashley@skinb.ca.

ACA Speed Module

Coaches wishing to complete their ACA Speed module are asked to contact Director of Coach and Official Development, Michele Leger, at michele@skinb.ca before Sunday, January 19th 2025.



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