



SKI NB



ALPINE CANADA ALPIN

Date and location:

Feb 4-6, 2013 at Crabbe Mountain Resort (3 day)
Speed Training run –King’s Horn
Jump Training run- TBA

Cost:

Cost is \$170.00 per athlete. This includes the Lift Ticket, Athlete Dinner, Welcome Kit. This price also includes Sports Psychology session, Tuning Workshop, special guests and On-snow Training. Lunch is on your own.

For all athletes NOT requiring lift tickets the camp fee is \$110.

Note: Lift Tickets can be acquired through the Air Miles Reward Program. Those interested will have to acquire “Weekday” passes through the Rewards Program in **advance** and present them at the ticket office.

Each club is asked to bring one cheque made payable to **NB Alpine Inc.** to registration. (Sunday night if at all possible)

Club Registration

Clubs are asked to email or fax the attached Club Registration to NB Alpine by January 23, 2013.

Fax-(506)451-1325

nbalpine@nb.aibn.com

Athlete Registration forms:

All athletes must also provide a signed athlete registration form (attached) to their coach. Registration forms are collected by the club so that the coach can provide them at registration on Sunday February 3 6:30 pm at the CMRC Race Shack at the top of the hill.

Eligible Participants:

This camp is for athletes from **U16 and up only.**

And invited U14 athletes.

Coaches meeting: Please note there are 2 coaches meeting

1) Sunday February 3, 6:30 pm at the CMRC race shack.

2) Monday February 4, 7:15 am February 4th at the CMRC Race Shack coaches meeting and daily assignments.

Day 1: start of camp:

Athletes are asked to meet at 7:30 am February 4th (Monday) at the Crabbe Mountain Main Lodge for presentation from Crabbe Mountain Ski Patrol, hill manager Jason Crawford and special guests. The lift will open at 8:45 am -training to commence at 9:00am.

Clothing and Equipment Requirements:

Clothing:

Athletes are asked to bring several (at least 3) changes of warm clothing and a backpack. The athletes can leave their clothes at the bottom of the course so they can have something to warm up in as they make their way back to the top.

To get the most out of the training experience and to ensure safety, the equipment requirements for the camp are:

- skin suits
- helmets
- event specific skis
- back protectors (recommended)
- mouth guards (recommended).

No slalom guards on helmets or poles.

Skis:

U16 and up – event specific Super G skis

U14 invited athletes **SG or GS skis with a minimum 21-metre radius upon special request from club coach.**

Please try to acquire event specific gear

Volunteers:

Please note; Volunteers are always appreciated. If coaches, parents and athletes can be there to help set fencing Sunday February 3 it would be greatly appreciated.

Please let me (Michele Leger) know if you think you can help.

There are also some off snow activities that we could use help with.

-Hot chocolate and coffee for athletes and coaches

-door prizes for Fireside chat

-Fireside chat

-athletes dinner

- welcome kit distribution
- timing of training runs
- other

We also require a course crew during the week of the camp. Please if you plan to attend the camp and be at Crabbe Mountain that week your assistance would be greatly appreciated there is always lots to do to create a safe learning and training environment for our athletes and your children.

Questions:

Any other questions are to be directed to Michele Leger NB Alpine Technical Director at:

michl@nb.sympatico.ca

(506)474-3671

Michele Leger

NB Alpine Technical Director

Athlete Registration Form (please provide to your coach)

All athlete registrations must be received at the Registration Table before any athlete will be permitted on the training run.

Name: _____

Age (Category): _____

Athlete Phone #: _____

Parent Phone #: _____

E-mail: _____

Provincial Medical Insurance #: _____

Emergency Contact:

Relationship: _____

Phone #: _____

Race Club: _____

Coach: _____

Lift Ticket Required YES or NO (please circle or highlight one)

Complete if the participant is under 18 years of age – to be completed by parent or legal guardian:

By placing my initials here _____, I authorize that my son / daughter is physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NB, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Parent / Legal Guardian _____ (Authorizes treatment in case of emergency)

Complete if the participant is 18 years of age or older:

By placing my initials here _____, I authorize that I am physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NB, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Participant 18 and over _____ (Authorizes treatment in case of an emergency)