

Alpine Ski NB ski alpin



Notice of Training NB Alpine U14 Speed Camp

Date and location

January 28-29, 2013 at Poley Mountain Resort (2 day)
Training run –Sidewinder

Cost:

Cost is \$110.00 per athlete. This includes the lift ticket.
For all athletes NOT requiring lift tickets the camp fee is \$70.00

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 Monday January 28, **8:00 am at the Main Lodge (to be confirmed)**

Each Club must also provide a coach for the camp. If your coaching staff cannot attend, coaching will be arranged by NB Alpine, but this should be used only in extreme cases

Eligible Participants:

This camp is for athletes from **U14 ONLY (athletes 10 and 11 years of age who are racing at the U12-U14 AAA events can also attend upon email recommendation from their coach)**

michl@nb.sympatico.ca

Each club is asked to bring one cheque made payable to NB Alpine Inc. to registration Monday morning.

Coaches meeting:

Coaches are asked to meet at 8:00 am Jan 28nd (Monday) at the Poley Mountain Main Lodge for athlete registration and coaches meeting. This meeting may occur Sunday evening.

Camp Focus

The focus will be on the fundamentals, and element training.

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 the 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 (see below)
- back protectors (recommended)
- Mouth guards (recommended)

No slalom guards on helmets or poles.

Skis:

Super G skis or GS skis

NO SLALOM SKIS

Registration

Pre-Registration

Please send by either email or fax the attached "Club Registration" form to NB Alpine before January 23, 2013.

Fax- (506)451-1325

Email-nbalpine@nb.aibn.com

Please make sure the club coaches (s) have all signed (parent or guardian) "Athlete Registration" forms at the first coaches meeting.

Any other questions are to be directed to Michele Leger NB Alpine Technical Director
michl@nb.sympatico.ca

Please note: Most of the fencing will be in place for the race the 2 previous days. Parents, athletes and coaches will be required on Tuesday to assist in the fencing tear down.

Please let us know if you will be helping with the teardown.

Michele Leger

NB Alpine Technical Director

Registration Form

All registrations must be received at the first coaches meeting before any athlete will be allowed on the training site.

Name: _____

Age: _____

Phone #: _____

E-mail: _____

NB/NS/PEI Medicare #: _____

Emergency Contact:

Relationship: _____

Phone #: _____

Second Phone # _____

Racing Club: _____

Coaches' name: _____

Lift Ticket Required YES or NO please circle one

Please read and sign waiver below

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)