



CRABBE MOUNTAIN RACE CLUB

Ski Cross Camp Training Camp - U10 and Up

Crabbe Mountain, NB

<i>Dates:</i>	Monday March 2 & Tuesday March 3, 2020
<i>Coaching Staff:</i>	-Camp Lead by SX Coach McKenzie Carr -Coaching meeting held Monday morning at 8:00 am in the main lodge. -Each Club must provide 1 coach per 8 athletes
<i>Cost:</i>	Camp Fee - \$130 for 2 days includes lift ticket \$80.00 fee if no lift ticket required
<i>Registration:</i>	-Registration due by noon, Friday, February 21, 2020. Please complete the registration attached for each athlete. -Email registrations to CMRC Secretary: cmtnrc@gmail.com -Payments to CMRC Treasurer by e-transfer: crabbetreasurer@gmail.com . If Paying by check please submit at the Coach's meeting on Monday morning.
<i>Daily Schedule:</i>	9:00 am - 9:30 am - Group warm-up and warm up run 9:30 am - 12:00 pm - Training 12:00 - 1:00 pm - Lunch 1:00 pm - 3:00 pm - Training 3:15 pm - 4:30 pm - Apres SX Event in Main Lodge (Monday Only)
<i>Questions:</i>	Please contact Amy Gorham, Camp Coordinator at 506-471-8919 or amy@gorhamrealestate.ca

The goal of the CMRC SX camp is to have athletes participate in a fun and safe environment where they can build confidence on the track and learn the fundamentals of racing SX.