**Speed Camp**

Jan 27-29, 2020

Crabbe Mountain,

Lower Hainesville, NB

Get ready for the competition! Speed is where it’s at.

Get some early season training at Crabbe Mountain with our Speed Camp from January 27-29th to get ready for the race that takes place Jan 31-Feb 2, 2020.

Three days of training at Crabbe Mountain on the race runs, Kings Horn and the Flume

Great training, on a consistent pitch to promote gliding and very technical speed training with blind turn and lots of changing terrain lots of gates with different sets.

(schedule subject to change for unforeseen circumstances)

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| COST: | $200.00 for the three days |
| WHAT IS INCLUDED: | Lift Tickets and One Athlete Dinner, SG training geared for each age group U14 and U16 and older on the Flume and Kings Horn |
| DAILY SCHEDULE: |  |
| 8:45 am | Athlete lift access |
| 9:00 am-noon | Training |
| 12-1 pm | Lunch |
| 1-3 pm | Training |
| 5-7pm | Athlete Dinner (Tuesday Jan 28) |

Camp will consist of speed training and preparation for SG race

To Register for this Camp, contact Ski NB Technical Director, Michele Leger at [michele@skinb.ca](mailto:michele@skinb.ca)

More detailed information. See below.

**Athlete Registration forms: attached below**

Athlete Registration is due by January 20, 2020. All athletes must also provide a signed athlete registration form (attached) to their coach in advance.

**Eligible Participants:**

This camp is for athletes from **U14 and up only.** U14 athletes eligible for Can-Ams in Sugarloaf USA are advised to attend camp in order to be eligible for the Super G at that event.

IMPORTANT

ALL ATHLETES ATTENDING THIS CAMP **MUST** HAVE A HELMET THAT HAS THE FIS STICKER. NO STICKER, NO CAMP.THEY WILL BE CHECKED.

**Clothing and Equipment Requirements:**

Name on all clothing & equipment. 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. The equipment requirements for the camp are:

* Race skin suits and Race helmets
* Back protectors (highly recommended) and mouth guards (recommended)
* Event specific skis U16 and up – event specific Super G skis

U14 SG or *GS skis with a* ***minimum*** *21-metre radius*

The one major change we introduced last season will remain. We made the group split based on age as opposed to club based.

We will have one group of athletes that will train together that is U16 and U18 athletes only. These athletes are more experienced and most likely have been on these tracks and we would like to set courses based on U16 and U18 distances.

The start list for each group is based on SG points, lowest to highest. For those starting the camp this season, with 999 SG points, they will either be placed on the list randomly or in clusters of club athletes.

The other group will be U14 athletes and any U16 athletes that the coaches feel need more experience. Again, we would like to set courses that more fit athlete development needs and requirements.

**Volunteers:**

Volunteers are always appreciated☺. If coaches, parents and athletes can be there to help set fencing Saturday January 25 and Sunday January 26 it would be greatly appreciated. Please let Michele Leger know if you can help. [**michele@skinbca**](mailto:michl@nb.sympatico.ca) **or (506) 474-3671.** There are also some off-snow activities that we could use help with such as:

-Acquiring Door prizes/swag for Fireside chat

-Set up help with Fireside chat and athletes dinner

-Timing of training runs

-Taking video and photos

ONLY VOLUNTEERS WHO REGISTER WITH MICHELE FOR A SPECIFIC JOB WILL BE ABLE TO OBTAIN A LIFT TICKET.

**Coaches:**

**Please note there are 2 coaches’ meetings**

1) Sunday January 27th, 6:30 pm at the CMRC race shack.

2) Monday January 28th, 7:15 am at the Crabbe Mountain Main Lodge in the lounge by the Fireplace

**COACHES FOR CLUBS**

Clubs Must also provide coach (es) for the camp at their own cost. 7 & under athletes= 1 coach, 8+ athletes= 2 coaches, 16+athletes= 3 coaches. If your club cannot provide sufficient coaches, additional coaching can be arranged with cost with another club with Ski NB assistance.

If your club had both U14 and U16 and older athletes you MUST provide coaching for both groups.

C**oaches will meet daily at the CMRC shack at 7:45 am to make the final plan for the day as well as coach assignments.**

With the addition of another training run that needs to be fenced for the safety of all athletes, coaches are asked to be at Crabbe Mountain on Sunday January 26 all day in order to install the fencing... if at all possible

**Athlete Registration Form**

All athlete registrations must be submitted to Club by January 20. Clubs must bring to Registration Sunday January 26 or Monday January 27. PLEASE NOTE-NO ATHLETE REGISTRATION FORM-NO ACCESS TO THE TRAINING RUNS

**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)**

**Dinner Ticket YES or NO (Please circle or highlight one)**

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**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)