



TEAM ATLANTIC 2019 SPRING CAMP

Arrive April 7; Depart April 14

On-Snow April 8-13; 6 Full Days with Lanes

Mont Ste Anne, Beaupré, Quebec

Typical Day:

7:30am activation

8am breakfast & dress

9am lift spins (weekdays; weekends lift spins at 8:30am)

9am-2:30pm on-snow with breaks as necessary (lunch on north side)

3pm dryland

3:30-5:30 homework

5:30-6pm video

6pm supper

7pm homework , relax, rest

Cost: \$1600.00

INCLUDES : Lifts / Lanes / Coaching & Coach expenses / Food / Accommodations
Travel is NOT included

Coaches: Gregor & Mike Byrne, and Laura Vlahovic

Deadline to Register: Space is Limited, Full Payment Required by March 1st.

