

**Notice of Training
NB Alpine
Speed Camp**

Date and location:

Jan 30th -Feb 1st, 2012 at Crabbe Mountain Resort (3 day)

Speed Training run –King’s Horn

Lift / Jump Training run- TBA

Cost:

Cost is \$170.00 per athlete. This includes the Lift Ticket, Athlete Dinner, Welcome Kit, Training Jacket **if preregistered**, Sports Psychology session, Tuning Workshop 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.

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 Jan. 30th, 7:30am at the Main Lodge.

Eligible Participants:

This camp is for athletes from **K2 and up only**.

Coaches meeting:

Coaches are asked to meet at 7:30 am Jan 30th (Monday) at the Crabbe Mountain Main Lodge for athlete registration and coaches meeting.

Day 1: start of camp:

Coaches and athletes are asked to meet at 7:30 am Jan 30th (Monday) at the Crabbe Mountain Main Lodge.

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
- back protectors (recommended)
- mouth guards (recommended).

No slalom guards on helmets or poles.

Skis:

K2's – GS skis with a **minimum** 21-metre radius (Super G skis if possible and highly recommended)

J1 and up – event specific Super G skis

Please send the enclosed club jacket order form and pre-registration to the NB Alpine office by 4 pm on **Dec 27, 2011**. Fax 506-451-1325; nbalpine@nbnet.nb.ca

Volunteers:

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

Please let us know if you think you can help.

Questions:

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

michl@nb.sympatico.ca

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. Reminder: the club registration form is due at the NB Alpine office by Dec 27th.

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)

