

Alpine Ski NB Ski Alpin



Notice of Training NB Alpine K1 Speed Camp

Date and location

January 23-24, 2012 at Poley Mountain Resort (2 days)

Training run –Sidewinder

Cost:

Cost is \$100.00 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 23, 7:30am at the Main Lodge

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 **K1 ONLY**

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 7:30 am Jan 23rd (Monday) at the Poley Mountain Main Lodge for athlete registration and coaches meeting.

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:

GS skis with a **minimum** 17-metre radius (Super G skis if possible)

NO SLALOM SKIS

Please send the attached registration form to the NB Alpine office by Jan 18 at the included fax number or email it to the address below. Also, please bring to registration the attached Camp Registration form signed.

nbalpine@nbnet.nb.ca

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

Please note: Most of the fencing will be in place for the race the 2 previous days. If you can be there Tuesday to assist in the tear down would be greatly appreciated as this fencing will be required at Crabbe for the K2 and up Speed camp the next week.

Please let us know if you think you can help.

Michele Leger
NB Alpine Technical Director

Registration Form

All registrations must be received at NB Alpine on or before 4:30 pm Jan 18, 2012.

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 see 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)