



Lake Louise Snow Camp 2017 Camp Notice Sunday, November 12th to Friday, November 17th.

This year's early season snow training camp will begin at 4pm on Sunday, November 12th and wrap up at 11am on Friday, November 17th.

The training camp will be based out of the *Hostelling International – Lake Louise Alpine Centre* in the Lake Louise townsite in Banff National Park, Alberta.

Registration: Online at zone4.

<https://zone4.ca/register.asp?id=16663&lan=1&cartlevel=1>

The fee for the 5 day camp is **\$200** per person plus processing fees(athlete and parent). **Registration is scheduled to open at 9:00am on Thursday, November 2nd and close at 23:59pm on Wednesday, November 8th.** Participating club coaches will not have to pay a camp or accommodation fee. See “Coaches” section for details. If there is an overwhelming demand for the camp and it sells out we will look at options to open more space.

CCS has 36 beds booked at the hostel with some of those beds being allocated for the coaches taking part in the T2T coaching course. Therefore the camp quota will be placed at 30 participants to begin with(including athletes, club coaches, and parents).

Accommodation: It is provided as a part of the camp fee for 5 nights at the Lake Louise Hostel. Participants will be assigned rooms, with any roommate requests provided in advance taken into consideration. The rooming list will be sent out prior to the camp. Each bedroom accommodates 4 – 6 people with bunkbeds and a shared washroom. Males and Females are separated unless a family takes up an entire room. Downstairs there is a large kitchen and dining room shared with other hostel guests. The hostel has plenty of lounge/hang out space, as well as a wax room and restaurant/café. Check out there website if you have never stayed there before: <http://hihostels.ca/en/destinations/alberta/hi-lake-louise> .

Parents are welcome to attend, they are needed and appreciated. However, please understand that space for the camp is limited, so please refrain from having both parents attend, as well as any siblings who are not ski training.

Skiing and Training:

The trails being used for the training camp are groomed by Parks Canada and are located 2 or 3 kilometres up the road (Lake Louise Drive) from the townsite. The

trails include Moraine Lake Road, Great Divide, Tramline, and Fairview. Athletes will need to organize rides to and from the trailhead for each ski.

The High Performance Training Camp will be geared towards Cross Country Saskatchewan athletes who are racing in the Juvenile to Senior age categories. With that said, Midget and Bantam skiers can attend and will have a great experience. They should be with a parent, guardian or travel with a club coach. It looks like there are a number of club coaches coming from various clubs who will be able to supervise and ski with the youngest skiers. If you are not sure if this camp is appropriate for your child, please contact Andrew Brisbin andybrisbin@hotmail.com 306-281-3423

All participating athletes must have a membership with a CCS ski club for the 2017/18 season as well as a CCS race license for the 2017/18 season.
<https://zone4.ca/register.asp?id=16181&lan=1&cartlevel=1>

Participants will be skiing on snow each day of the camp (barring any unfortunate circumstances). Most days will have two ski sessions (morning and afternoon). Athletes can expect most of the training being easy distance skis with the focus being on technique. However sprints, agility on skis, as well as a mid-camp time trial can be anticipated. The full camp schedule will be distributed prior to the camp.

As this is a cross country ski racing training camp, roughly half of the skiing will be skate skiing, and half will be classic skiing.

Food: Meals and snacks will be the responsibility of individual athletes, families and coaches. You are strongly encouraged to create cooking groups with other athletes and families to prevent an overcrowded kitchen. The kitchen is large but when 15 different people try to cook themselves supper at the same time, it is overcrowded.

There is only a small food market in Lake Louise, so you should have 5 days worth of groceries and meals planned out before you arrive at the camp.

Coaches: Any club coaches who wish to attend and would like to help out leading and supervising various groups will be given a discount code for registration which will give them complimentary accommodation for the camp. Your participation will be greatly appreciated. These coaches must have a NCCP# and input it during registration. We will be looking to have 6-7 club coaches attend.

Mentor Athletes: There will be a couple of older mentor athletes attending the camp as well, who have lots of training and race experience.

The camp is being led by Cross Country Saskatchewan's High Performance Coordinator/Coach, Andrew Brisbin. Please contact **Andrew** regarding the camp and he will be happy to answer any questions or concerns you may have.

andybrisbin@hotmail.com

306-281-3423