

FVSEF and Alpine Race Camps

10th Annual Banff Thanksgiving Ski Camp for U10-U14 Racers

U8 skiers may be considered

Open to all Northern Division athletes



Please join us once again for this family friendly ski-racing camp over Thanksgiving week (November 21 – 25, 2016). This camp is best suited for our young athletes wishing to get a head start on the season. Utilizing ski drills and modern progressions emphasizing balance, stance and techniques your young athlete will have a definitive advantage early in the race season. Starting with free skiing we progress to brush gates, stubbies and full size gates. We make sure everyone is having fun along the way!

We have a private training lane at Mount Norquay (not open to the public). Mt. Norquay is located 10 minutes from the Douglas Fir Hotel in Banff where most of our families stay. We are currently negotiating with the Douglas Fir Resort for a Rooming Block with discounted pricing. One bedroom and one bedroom w/loft and other configurations are available accommodations. All rooms have full kitchens, there is a heated garage for tuning/waxing, indoor pool, hot tubs, fitness center and water slides....Fun! All at a very reasonable rate.



Parents enjoy making daily ski trips to the nearby resorts of Lake Louise or Sunshine Village. Banff also offers Nordic skiing, ice skating, hiking, great shopping and excellent restaurants. The Bow Valley is beautifully scenic so don't forget your camera!

Thursday, Thanksgiving Day, we will ski till noon then return to the Douglas Fir. Thursday Afternoon we plan a fun family hike in the Johnson Canyon or hit the rock climbing walls at the Banff Center and then off to the hot springs for a soak. For dinner we have a wonderful traditional Thanksgiving Feast catered at the *Elk & Oarsman* in downtown Banff (no dishes or in-laws!). Athletes and all family members are welcome.

Many families stay Friday night and attend the Men's World Cup Downhill at Lake Louise on Saturday November 28. Our young athletes have an exciting opportunity to meet their ski racing heroes at this world class event! Everyone is welcome and access is FREE! Stands are available surrounding the finish area and a "Jumbotron" makes viewing the entire course enjoyable. The Downhill athletes are quite available so be sure to bring supplies for lots of autographs and pictures.



Eligibility: U10-U14 athletes. U8 skiers may be considered.

When: November 21 – 25 (training), Saturday November 26th (World Cup/travel home). Arrival is Sunday November 20; Banff is approximately 4.5-5 hours from Whitefish or 1 hour west of Calgary.

Where: Banff, Alberta Canada (Mount Norquay Ski Area). **Passports for travel maybe needed.**

Training: GS and SL technique/tactics

Cost: The camp fee is \$729.00 not including transportation to Banff, housing or food other than lunch on training days. Our costs will include skiing, training/coaching, lunch on training days, wax/tuning clinic, daily video lesson, team activities, access to the Men's World Cup Downhill race is FREE.

Lodging: Douglas Fir...details to come.

Contact: Richard Kramer, head coach rk@montanasky.net [406-250-9786](tel:406-250-9786)

Sign-Up: \$200.00 deposit due September 30, 2016. Mail to: Alpine Race Camps, LLC, PO Box 1664, Whitefish, MT 59937.



