



# 2017 U14 Calabogie Speedcamp Program

**Welcome to the 2017 edition of the Calabogie U14 Speed Camp!**

**Goals of the Camp** - The primary focus of the camp is as follows;

- Provide a secure training facility with varied terrain
- Introduce athletes to alpine speed events, techniques, safety and format
- Provide athletes with the opportunity to become familiar with the terrain that will be used for the Hodgins Classic Super-G races following the camp.

**Schedule** – The schedule and format for the day will be reviewed at the daily coaches meeting. Coaches will be assigned flag positions and given radios to ensure athlete safety during training runs. Coaches are reminded to ensure athletes know where to be and when in order to keep the event on schedule.

**Day 1** – The athletes will be able to free ski the training run in the morning to get accustomed to the terrain and their SG skis. A course will be set in the afternoon and all athletes will get two inspections and two training runs. Athletes will be allowed to re-enter the training course after a fall or other fault.

**Day 2** – The clubs will be divided into two groups, A and B. While Group A is on the training course, Group B will have access to other training features and vice-versa. At a minimum, there will be lane space for SL training, however we are also working with the Peaks to provide a pump track and practice jump (not yet confirmed). It is up to the coaches to decide how they want to use these features. **Clubs must bring their own gates if they wish to do SL gate training.** Athletes will be allowed to re-enter the training course after a fall or other fault.

**Day 3** – Same as Day 2, except training runs will be timed, including intermediate times. Coaches will receive a report after the event. In order to maximize the number of training runs, we cannot guarantee that every athlete will get a time for every run (i.e. no timing delays). Athletes will be allowed to re-enter the course after a fall or other fault, but may not get a time for that run.

**Equipment** – Athletes are reminded that FIS approved helmets are required for training and racing GS and speed events. Helmets will be checked at the start and athletes whose helmet does not have the required FIS sticker will not be allowed on the course. Also, back protectors are highly recommended by both AOA and SQA for training and racing GS and speed.

**Tuning** – The CSRC Race Space (old T&L retail store) will be available each day for ski tuning. Athletes are responsible for cleaning up after themselves.

**Lodge Facilities** – Athletes are free to use the Main Lodge facilities where there are change areas, cubbies for boots and bags, washrooms and a cafeteria. Athletes are to respect the fact that these facilities are shared with the skiing public and to therefore clean up after themselves and keep the area neat.

**Pizza Night** – Thursday evening starting at 5:30pm, athletes will be treated to pizza, salad and soft drinks in the Main Lodge.

**SWAG** – All athletes will be provided with a commemorative long sleeve cotton shirt upon registration.

## Day 1 – Wednesday, Feb 22

**8:30 to 9:30 Coaches meeting - Inside main lodge in front of cafeteria**

- Camp & Program overview; review safety protocols, radios
- assign coaches to flag positions
- assign day 2 first setter

**9:30 – 12:00 1<sup>st</sup> Free Skiing on Race Run**

**12:00 – 1:00 Lunch (while afternoon course is set)**

**1:00- 1:30 Course Inspection –Club Order**

**1:30 – 2:30 Run #1 - Club Order**

**2:30- 3:00 Course Inspection – Club Order**

**3:00 – 4:00 Run #2 - Club Order**

<b>Day 1</b>	<b>Run 1</b>	<b>Run 2</b>		
<b>Start</b>				
<b>Zone 1 – Start to upper WP</b>				
<b>Zone 2 – Upper WP to Bailey’s</b>				
<b>Zone 3 – Baileys to Chicken Drop</b>				
<b>Zone 4 – Chicken Drop to Jump</b>				
<b>Finish</b>				

## Day 2 – Thursday, Feb 23

### 8:30 to 9:00 Team captains meeting

- review day 2 program
- assign coaches to flag positions
- assign 2<sup>nd</sup> setter and day 3 first setter

### 9:00 to 9:30 Inspection - Club Order

9:30 – 10:30 1<sup>st</sup> BLOCK - Group A - 2 runs Back to Back

10:30 – 11:30 2<sup>nd</sup> BLOCK - Group B - 2 runs Back to Back

### 11:30 to 12:15 Course reset & safety inspection

[ Lunch for officials & athletes during reset ]

### 12:30 – 1:15 Inspection - Reverse Club Order

1:30 – 2:30 3<sup>rd</sup> BLOCK - Group B - 2 runs Back to Back

2:30 – 3:30 4<sup>th</sup> BLOCK - Group A - 2 runs Back to Back

5:00 Pizza Dinner – Main Lodge

<b>Day 2</b>	<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>
<b>Start</b>				
<b>Zone 1 – Start to upper WP</b>				
<b>Zone 2 – Upper WP to Bailey's</b>				
<b>Zone 3 – Baileys to Chicken Drop</b>				
<b>Zone 4 – Chicken Drop to Jump</b>				
<b>Finish</b>				

## Day 3 – Friday, Feb 24

### 8:30 to 9:00 Team captains meeting

- review day 3 program
- assign coaches to flag positions
- discuss what clubs will display times racers
- assign 2<sup>nd</sup> setter

### 9:00 to 9:30 Inspection - Reverse Club Order

### 9:30 – 10:30 1<sup>st</sup> BLOCK - Group B - 2 runs Back to Back

### 10:30 – 11:30 2<sup>nd</sup> BLOCK - Group A - 2 runs Back to Back

### 11:30 to 12:15 Course reset & safety inspection

[ Lunch for officials & athletes during reset ]

### 12:30 – 1:15 Inspection - Club Order

### 1:30 – 2:30 3<sup>rd</sup> BLOCK - Group A - 2 runs Back to Back

### 2:30 – 3:30 4<sup>th</sup> BLOCK - Group B - 2 runs Back to Back

<b>Day 3</b>	<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>
<b>Start</b>				
<b>Zone 1 – Start to upper WP</b>				
<b>Zone 2 – Upper WP to Bailey’s</b>				
<b>Zone 3 – Baileys to Chicken Drop</b>				
<b>Zone 4 – Chicken Drop to Jump</b>				
<b>Finish</b>				

## **Club Order**

1. Mont Ste Marie - 23
2. Edelweiss - 21
3. Vorlage - 17
4. Batawa -
5. Camp Fortune - 24
6. Equipe de Ski Camp Fortune - 8
7. Cascade - 8
8. Calabogie - 20

## **Group A – 63+**

1. Mont Ste Marie - 23
2. Edelweiss - 21
3. Vorlage - 17
4. Batawa -

## **Group B – 60+**

1. Camp Fortune - 24
2. Equipe de Ski Camp Fortune - 8
3. Cascade - 8
4. Calabogie - 20