2019 U14 Calabogie Speed Camp Program

Schedule Summary

- **Optional Day - Wednesday February 20th**
  - Training available on Full Super G Track (Tiger/Barrett Chute)
  - Racers will be split into 2 groups (Break down will be determined once number of racers is determined)

- **Training Day 1 - Thursday February 21st**
  - Training available on Full Super G Track (Tiger/Barrett Chute), Shorter Super G Track (Whistling Paddy from Monkman Hut) and Ski Cross track
  - Ski Cross Alpine Ontario coach present on Ski Cross track
  - Racers will be split into 3 groups of approximately 50 each
  - Each group will have 1 rotation in each track per day

- **Training Day 2 - Friday February 22nd**
  - Training available on Full Super G Track (Tiger/Barrett Chute), Shorter Super G Track (Whistling Paddy from Monkman Hut) and Ski Cross track
  - Ski Cross Alpine Ontario coach present on Ski Cross track
  - Racers will be split into 3 groups of approximately 50 each
  - Each group will have 1 rotation in each track per day
  - Pasta dinner, Shirt hand out and NCO presentation starting at 5:30pm

- **Training Day 3 - Saturday February 23rd**
  - Mock race day with timing on Full Super G Track (Tiger/Barrett Chute)
  - Racers will be grouped by club
  - One race in morning and one in the afternoon (reverse club order in the afternoon)

Details

- Clubs will be assigned to set courses daily. Courses should be set by 8:30. Clubs will be assigned to provide safety spotters on the course daily (expected to be coaches). (Assignments are already made in the detailed pages below, but this can change if required)
- Calabogie club parent volunteers will provide Start Ref, Finish Ref, Chief of Course and Course Crew for each track.
- Jury Radios will be assigned per group each day to be used for safety spotters on each course .
- Camp administrator will have radio for all frequencies to action any requirements & requests.
- Daily coaches meetings will cover Camp & Program overview; review safety protocols, radios; And ensure club has assigned coaches to flag positions

Club Order TBC Pending Registration

1. Mont Ste Marie - 38
2. Edelweiss - 21
3. Vorlage - 21
4. Camp Fortune & Equipe de Ski Camp Fortune - 42
5. Cascade - 11
6. Calabogie - 22

Wednesday Groups (To Be Confirmed)

Group A

TBD

Group B

TBD

Thursday/Friday Groups (To Be Confirmed)

Group A ~50 TBC

1. Mont Ste Marie
2. Vorlage

Group B ~50 TBC

1. Camp Fortune & Equipe de Ski Camp Fortune
2. Cascade

Group C ~50 TBC

1. Calabogie
2. Edelweiss

Optional Day – Wednesday, Feb 20

8:30 to 9:00 Coaches meeting - Inside main lodge in front of cafeteria

9:00 to 11:30

- **Group A on Long Super G Track**
- **Group B free ski**

11:30 to 12:30 - Lunch

12:30 to 3:00

- **Group B on Long Super G Track**
- **Group A free ski**

3:15 to 3:30 - Coaches debrief

Long Super G Track (Tiger/Barrett Chute) (Radio ch 1)

Optional Day	**Timeslot 1**	**Timeslot 2**
Group Assigned	A	B
Setter	Calabogie	N/A
3 Safety Positions	Marty Rog & Calabogie (2)	Marty Rog & Camp Fortune (2)

Training Day 1 – Thursday, Feb 21

8:30 to 9:00 - Coaches meeting - Inside main lodge in front of cafeteria

9:00 to 11:00 - First track work

11:00 to 11:30 - Change over / Snack

11:30 to 1:30 - Second track work

1:35 to 2:00 - Change over / Snack

2:00 to 4:00 - Third track work

4:15 to 4:30 - Coaches debrief

Long Super G Track (Tiger/Barrett Chute) (Radio ch 1)

Day 1	**Timeslot 1**	**Timeslot 2**	**Timeslot 3**
Group Assigned	A	B	C
Setter	Calabogie	N/A	N/A
3 Safety Positions	Marty Rog & MSM (2)	Marty Rog & Cascade (2)	Marty Rog & Calabogie (2)

Short Super G Track (Whistling Paddy) (Radio ch 2)

Day 1	**Timeslot 1**	**Timeslot 2**	**Timeslot 3**
Group Assigned	B	C	A
Setter	Cascade	N/A	N/A
2 Safety Positions	Camp Fortune	Edelweiss	MSM

Ski Cross Track (Radio ch 3)

Day 1	**Timeslot 1**	**Timeslot 2**	**Timeslot 3**
Group Assigned	C	A	B
2 Safety Positions	Calabogie	Vorlage	Camp Fortune

Training Day 2 – Friday, Feb 22

8:30 to 9:00 - Coaches meeting - Inside main lodge in front of cafeteria

9:00 to 11:00 - First track work

11:00 to 11:30 - Change over / Snack

11:30 to 1:30 - Second track work

1:35 to 2:00 - Change over / Snack

2:00 to 4:00 - Third track work

4:15 to 4:30 - Coaches debrief

5:30 - Pasta Dinner & Speed Camp Shirt Hand Out – Main Lodge

6:00 - NCO Parent Presentation by Joey Lavigne (jelavigne55@gmail.com) - Main Lodge

Long Super G Track (Tiger/Barrett Chute) (Radio ch 1)

Optional Day	**Timeslot 1**	**Timeslot 2**	**Timeslot 3**
Group Assigned	B	C	A
Setter	MSM	N/A	N/A
3 Safety Positions	Marty Rog & Cascade (2)	Marty Rog & Calabogie (2)	Marty Rog & Vorlage (2)

Short Super G Track (Whistling Paddy) (Radio ch 2)

	Timeslot 1	**Timeslot 2**	**Timeslot 3**
Group Assigned	C	A	B
Setter	Edelweiss	N/A	N/A
2 Safety Positions	Edelweiss	MSM	Cascade

Ski Cross Track (Radio ch 3)

	Timeslot 1	**Timeslot 2**	**Timeslot 3**
Group Assigned	A	B	C
2 Safety Positions	Vorlage	Camp Fortune	Edelweiss

Training Day 3 – Saturday, Feb 23

7:30 to 8:30 - Set Course

8:30 to 9:00 - Coaches meeting - Inside main lodge in front of cafeteria

9:00 to 9:30 - 1st Course Inspection

10:00 to 11:30 - 1st Timed Run (Club Order)

11:30 to 12:30 - Course reset and Lunch

12:30 to 1:00 - 2nd Course Inspection

1:30 to 3:00 - 2nd Timed Run (Reverse Club Order)

Long Super G Track (Tiger/Barrett Chute) (Radio ch 1)

Optional Day	**Timeslot 1**	**Timeslot 2**
Setter	TBD	TBD
3 Safety Positions	TBD	TBD