

Fernie Family Day Weekend Camp | Feb 18 – 21, 2011

Dates of Camp: Arrive on Friday, Feb 18th | Training Saturday – Monday | Depart Monday, Feb 21st

Groups Involved: **Mini Meisters, NGI, NGD, KD, K1**

This is an **optional** add-on camp for all groups above

Coaches will attend based on number of athletes participating in the camp

KD and NGD athletes who do not attend the camp have scheduled training at Nakiska on Saturday, February 19th. NGI and Mini Meisters who do not attend the camp have NO scheduled training on February 13th or 14th. K1's who do not attend will need to consult their head coach for alternative training options.

Location: Fernie Alpine Resort, Fernie, British Columbia - www.skifernie.com

Accommodation: Group Rates Available from Resorts of the Canadian Rockies at a variety of on and off mountain properties:

To make your booking with RCR, phone 1-800-258-7669 and quote the group code "**NASA**", or you can go to this site to make your booking directly:

<http://www.inntopia.travel/aspnet/2.0/packageselect07.aspx?salesid=817293&packagecode=NASA&submit=Go>

Each attending family is responsible for arranging their own accommodations.

Contact: Scott Bailey
(403) 606-5050
sbailey@skinasa.org

Cost: **\$190 per attending athlete** includes your share of:

- Coaches wages (this camp is in addition to the training calendar covered by the base program fees)
- Coaches accommodation, meals, travel and lift tickets

Does NOT include:

- Your accommodation, meals and travel expenses
- Your lift passes

Discounted lift tickets available with your Nakiska season pass and also when booking through RCR – please inquire on the phone/web

FAQ's

How do we get there?

Athletes will travel to and from Fernie with their families. Coaches will travel together. From Calgary, head south on Highway 2 or 22 and turn west on Highway 3. Fernie Alpine Resort is a 5-minute drive west of the Town of Fernie right on Highway 3.

Can my son/daughter go if I can't?

Yes – accommodation and travel can be arranged with other attending families.

What will we be eating?

All athletes will be staying with and eating with their families, all meals are the responsibility of the family.

Do we need to purchase lift tickets?

- Nakiska season pass holders receive a discount on daily lift tickets, visit www.skircr.com for more information.
- All families are responsible for ensuring their athletes have valid lift tickets/passes for each day of skiing.

What should we bring?

See the complete checklist on page 5

How to Reserve your spot?

1. Book your accommodation as soon as possible – Family Day Weekend sells out fast!
2. A link to the online registration for the camp will be sent to all families in November by email and also posted on www.skiNASA.org. You will be required to book and pay for your athlete's spot at the time you sign-up.

Camp Schedule

Saturday, February 19th Technical Freeskiing and All Mountain Skills

- 8:50 am Meet at bottom of the Deer Quad Chair (behind the rental shop), ready to ski
Warm-up in groups and depart for skiing
- 12:00 noon Groups return to base area (back at bottom of Deer Chair) for lunch break (1 hour)
- 3:30 pm End of skiing – coaches will drop off athletes in the base area (bottom of Deer Chair)
- 5:00pm Pot-luck and social in the Centennial Room in the King Fir Lodge (Timberline Lodge – on-hill – look for the Fernie Lodging Co Check-in Signs, enter through the King Fir Lobby)

All families are invited to the Centennial Room in the King Fir Lodge. This is a fun, informal gathering that will be a great team-builder (for athletes and families). There will be a ski movie for the kids and each family can bring a small snack to share.

Sunday, February 20th Technical Freeskiing and All Mountain Skills

- 8:50 am Meet at bottom of the Deer Quad Chair (behind the rental shop), ready to ski
Warm-up in groups and depart for skiing
- 12:00 noon Groups return to base area (back at bottom of Deer Chair) for lunch break (1 hour)
- 3:30 pm End of skiing – coaches will drop off athletes in the base area (bottom of Deer Chair)
- 4:30pm Dryland – snow soccer (location TBA on Sunday morning) all athletes invited for a fun 45-minute game

No other team activities are planned for Sunday evening.

Monday, February 21st Technical Freeskiing and All Mountain Skills

- 8:50 am Check out of accommodations and meet at bottom of the Deer Quad Chair (behind the rental shop), ready to ski
Warm-up in groups and depart for skiing
- 12:00 noon Groups return to base area (back at bottom of Deer Chair) for lunch break (1 hour)
- 3:00 pm End of skiing – coaches will drop off athletes in the base area (bottom of Deer Chair)
Depart home for Calgary

DRIVING MAP



What should I bring to this camp?

Equipment checklist:

- All mountain skis & poles
- Boots
- Helmet & goggles

Clothing checklist:

- Gloves; 2 pairs
- Jacket and Pants for skiing & Track Suit for dryland
- Fleece layers (extras in bag)
- Running shoes
- Jeans / casual pants / t shirts / hoodies / etc. for après
- Bathing suit and towel for the hot tub/swimming pool
- Ski socks; 4 pairs
- Long underwear and base layers

Other items:

- Small tuning kit for repairs only (file guides, stones and files), make sure skis are waxed and sharp before leaving for the camp
 - *The coaches will bring a full tuning kit to assist with any repairs*
- Snacks in pockets for on the hill (granola bars, etc...)

PLEASE ENSURE THAT ALL YOUR BELONGINGS ARE LABELLED!