



2023 CCS SNOW CAMP – LAKE LOUISE, AB

November 12 – 17, 2023



This camp is designed for Saskatchewan cross country ski racers from U12 to U23 to get lots of early season on-snow skiing. The emphasis will be on long, slow distance and proper technique and having fun.

Registration and Cost

<https://zone4.ca/register.asp?id=33311>

Registration will go live at 12pm on Monday, October 16th, 2023

The deadline to register is 11:59pm on Friday, November 3rd, 2023

The base cost of camp registration is \$80/athlete (processing fees included in price)

The additional cost to opt in to group accommodation at the Lake Louise Hostel is described below.

Accommodation

CCS has booked 41 beds at the Lake Louise Hostel. The accommodation consists of private dorm rooms and shared bathrooms and showers.

Most rooms have 2 sets of bunks so sleep 4 people. A rooming list will be created and rooms will be separated by gender. If you want to be in the same dorm as another person, friend or parent, please let Andrew Brisbin know, at ccshpcoach@gmail.com . You will be accommodated as much as possible, in the order you register.

To **opting in to group accommodation** will add **+\$200 to the registration cost** (5 nights @ \$40)

You may also **opt out of the group accommodation** if you prefer to arrange your own (Lake Louise Inn across the street from the Hostel or the Mountaineer Lodge a couple of blocks down the road

Food

For those staying at the hostel, there is a group kitchen which all hostel residents share. You are encouraged to prepare meals in self-organized groups, if possible. The hostel kitchen becomes quite busy at meal times.



Athletes need to also have a supply of energy snacks that they can bring with them during each of the training sessions, as well as eat soon after each ski is complete, in order to have adequate fuel and recovery during a big week of training.

Transportation

Transportation to and from Lake Louise, AB is the responsibility of individuals to organize, as well as to and from the trailhead each day.

Schedule and Training

The exact training and activity schedule has yet to be drawn up. It will be sent to camp registrants and coaches closer to the start of camp. You can bet that there will be a lot of skiing and approximately a 50/50 classic and skate technique split.

The cross country skiing in Lake Louise is approximately 3-4 kms up the road towards the actual Lake Louise body of water. Moraine Lake Road, Great Divide, Tramline, and Fairview are the trails that we will be looking to use.

<https://parks.canada.ca/pn-np/ab/banff/activ/skidefond-xcski/lakelouise>

Below are some elements of the camp schedule that are currently known:

Sunday, November 12th

Travel day from SK to Lake Louise

Check in at the Hostel between 4pm and 7:30pm

Team Meeting upstairs in Guides Room at 8pm

Monday to Thursday

- a morning ski
- an afternoon/evening ski
- Team Meeting each evening in Guides Room (upstairs at Hostel)

Friday, November 17th

Final training session of the camp from 8:30am to 10am, before checking out of hostel by 11am and departing

Coaches

The plan is to have 8 coaches officially involved with the training camp. Coaches need to register on Zone4 as well, but approved coaches will be able to register for \$0.00, including hostel accommodation. If you are looking to coach at the Lake Louise Camp please contact Andrew at ccshpcoach@gmail.com

Parents

The beds booked at the Lake Louise Hostel by CCS are reserved for athletes and coaches participating in the camp.

Attending parents should secure their own accommodation (either a hostel bed or private room at the Hostel) or at one of the hotels in town.

<https://hihostels.ca/en/destinations/alberta/hi-lake-louise>

U12 and U14 athletes need to designate an adult who will be present in Lake Louise during the training camp who is responsible for them, whether that is a parent, guardian or club coach.

There is no registration for parents, although there will surely be lots of parents in attendance. If you would like to ski with a group of athletes for the camp or part of the camp, please reach out to Andrew at ccshpcoach@gmail.com . The extra adult supervision is welcome.

Additional Costs

Lake Louise is located in Banff National Park, therefore all vehicles need Parks Canada passes for the duration of the camp.

One day of the training camp schedule may include a day trip to the Canmore Nordic Centre which would require each skier to purchase a Canmore Nordic Centre trail pass for the day and vehicles to have a Kananaskis Pass.

What To Bring

- Skate skis, boots and poles
- Classic skis, boots and poles
- Water bottle and carrier
- Headlamp (night ski in the plan)
- Kick wax and glide wax (small wax room at Hostel)
- Sunglasses
- Training Clothes
- Running shoes and indoor training clothes
- Pyjamas
- Sunscreen and Lip Balm
- Personal toiletries
- Training watch
- Notebook and pen/pencil
- Ear plugs and eye mask for a good night's sleep
- Positive attitude and lots of enthusiasm!