



## SPRING FLING 2015

### On Snow Training Camp

- DATE:** May 15-18<sup>th</sup>, 2015
- LOCATION:** Sovereign Lake Nordic Centre, 2km east of Silver Star Ski Resort
- HOST CLUB:** Sovereign Lake Nordic Club
- INFO:** Troy Hudson (General Manager) [troy@sovereignlake.com](mailto:troy@sovereignlake.com)  
www.sovereignlake.com (250) 558-8916 cell
- ELIGIBILITY:** This camp is designed to be a training opportunity for athletes from Midgets through Masters. All participants **MUST** be members of a CCC affiliated club. If you are from outside of Canada a day membership can be purchased for \$5/day. This will be noted online as a \$20pp CCBC day membership fee.
- \*All Sovereign Lake members are required to pay the camp fee as this is a special event outside of our regular operating season.**
- REGISTRATION:** **ONLINE:** All registrants will be required to pay online through zone4 with NO EXCEPTIONS. Credit Card payment is required. ***Check the Zone4 confirmation list for this event (available from the online registration section of Z4) to be sure that you have registered correctly.*** Register online at: <https://zone4.ca/reg.asp?id=9063>
- DEADLINE:** All entries must be received online by May 10<sup>th</sup> at 10pm PST
- NO LATE ENTRIES WILL BE ACCEPTED --**
- COURSES:** A T2T On Snow course may be running in conjunction with the training weekend. To participate please contact Maria Lundgren, CCBC Coach Coordinator for more details at: [coaching@crosscountrybc.ca](mailto:coaching@crosscountrybc.ca)

## SCHEDULE:

<b>May 15<sup>th</sup></b>	7:00-2:00	On Snow Ski Session
	3:00-6:00	Gym Open at ATC (coach req'd)
	8:00-?	Coach Social (location TBD)
<b>May 16<sup>th</sup></b>	7:00-2:00	On Snow Ski Session
	9:00-11:00	(Possible Sprint Races)
	3:00-5:00	Gym Open at ATC (coach req'd)
	3:00-5:00	ATC Climbing Gym Open (extra fee req'd)
	7:00-8:30	Guest Speaker at ATC (TBD) Athlete Dev
<b>May 17<sup>th</sup></b>	7:00-2:00	On Snow Ski Session
	3:00-5:00	Gym Open at ATC (coach req'd)
	6:00-8:00	Evening at the Movies (location TBD on Mtn)
<b>May 18<sup>th</sup></b>	7:00-2:00	On Snow Ski Session
	2:00	Departure

## FACILITIES:

All skiing will take place at Sovereign Lake Nordic Centre, 2 km away from Silver Star Resort. The basement of SLNC will be open during the scheduled dates but will not have food available for sale. The High Altitude Training Centre at Silver Star offers a weight room, climbing gym and meeting space.

## WAXING:

There is a wax room available for coaches and athletes adjacent the Sovereign Lodge with four waxing forms. Additional waxing is permitted adjacent the lodge. There is NO waxing permitted inside the daylodge.

## PARKING:

There is ample parking for participants and coaches at the lodge.

## COURSES:

There will be at minimum a 1.2km course and a 2.5km course groomed with possibilities of an additional 5km loop depending on snow conditions. Visit our website [www.sovereignlake.com](http://www.sovereignlake.com) for more details. Check our webcam under "Conditions" for snow updates. A grooming report will be posted starting May 14<sup>th</sup> for the event.

## CONCESSION:

It is recommended that you provide your own food at SLNC as there will be no food on site at the concession during this weekend.

## FEES:

**\$70 fee for the entire training camp weekend for non-club members. \$40 for SLNC members for the four day event. *There WILL be single day passes available for a cost of \$20/pp.*** Your fee will provide you access to all facilities, the Guest Speaker Presentation and Trail Passes. Pick up your passes at the SLNC lodge, verification will be made through the Z4 Confirmation List. ***SLNC discounts members MUST have their season passes for discount verification.***