



SPRING FLING 2015 On Snow Training Camp

- DATE:** May 15-18th, 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
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 10th 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

SCHEDULE:

May 15th	7:00-2:00	On Snow Ski Session
	3:00-6:00	Gym Open at ATC / Dryland Optional
	3:00-6:00	Climbing Gym Open at ATC (extra fee req'd)
	8:00-?	Coach Social (location TBD)
May 16th	7:00-2:00	On Snow Ski Session
	9:00-11:00	(Possible Sprint Races)
	3:00-5:00	Gym Open at ATC / Dryland Optional
	3:00-5:00	Afternoon at the Movies (location TBD on Mtn)
	7:00-8:30	Guest Speaker at ATC (TBD) Athlete Dev
May 17th	7:00-2:00	On Snow Ski Session
	3:00-5:00	Gym Open at ATC / Dryland Optional
	6:00-8:00	Evening at the Movies (location TBD on Mtn)
May 18th	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 a 5km loop depending on snow conditions. Visit our website www.sovereignlake.com for more details. Check our webcam under "Conditions" for snow updates.

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. The SLNC member fee is \$40 for the four day event. There are no day passes available. There are no single day passes available as our POS system will not be open for sales. This will give you access to all facilities and the Guest Speaker Presentations and Trail Passes. Pick up your weekend pass at the SLNC lodge, verification will be made through the Z4 Confirmation List.

ACCOMODATIONS:

Accomodations will be available through Silver Star. The hostel is always a good choice. All hotels in Vernon are open.