

MBSEF FALL ALPINE CAMP
PANORAMA, BC, CANADA
NOV 22-30, 2019

The camp's main focus is fundamentals and skill building and gate training. We strive to make sure that the athletes are well skilled in the art of skiing in order to be better/ faster ski racers. This camp is set up for our second year U14, U16 and U18 age levels, ANYONE ELSE TO BE APPROVED BY THE COACHING STAFF.

COST: \$1450 MBSEF Athlete

Includes:

- Travel to and from Banff & Panorama
- 5.5 Days Training
- Panorama Lodging for 6 nights ---
(BREAKFAST, LUNCH & DINNER ARE INCLUDED)
- Two Nights Travel Lodging
(Spokane Valley Holiday Inn Express)

TRAVEL: Vans depart MBSEF office 9AM, Friday Nov 22.
Vans return MBSEF office Sat. Nov 30 afternoon.

LODGING: Panorama Mountain Village, Spokane Valley Holiday Inn.

SCHEDULE:

- 22-Fri-Travel to Spokane
- 23-Sat- Arrive in Panorama
- 24-29 Sun-Fri Train in Panorama
- 29pm Fri Travel to Spokane
- 30pm Arrive back in Bend

BRING:

-Passport and Notarized Travel Letter for consent to cross border.

-Travel Money – Two travel day lunches and dinners, & for any snacks or souvenirs. Generally, \$20.00 per dinner, and \$8.00 to \$10.00 per lunch. Breakfast on travel days is included at the hotels.

-Warm clothes are a necessity up there, so be prepared for BELOW ZERO TEMPERATURES!

-SL & GS Equipment (Including all guards and safety equipment)

-HELMETS AND MOUTH GUARDS AND FACE SHIELDS ARE REQUIRED, IF YOU FORGET ONE YOU DON'T SKI!

-Make sure skis are sharp, boots and bindings functional prior to trip.

-All athletes are required to bring their own tuning equipment. The snow is very hard and you will need to sharpen and wax your skis every night.

-Day pack, 2 water bottles

-Exercise clothing/Running shoes, Swimsuit

-Camera, Canada is Beautiful!

COACHING STAFF –Kent Towlerton and Christina Schueler