



TRAINING CAMPS



LES DEUX ALPES U14 SUMMER SKI CAMP

**Appropriate for 2004-2006 Birth Year Athletes
June 21 - July 2, 2018 | \$2100**



Les Deux

Boasting the world's largest skiable glacier, **Les Deux Alpes** has 14 summer lifts, including chairlifts, gondolas, funicular, and mostly T-bars.

84 training lanes, a vibrant European youth training scene on the glacier, and a French resort town at the base make this both an athletic and a cultural experience.



Ski Focus

Fundamental skills and movement patterns are the foundation of high level skiing and fast racing.

Summer camp offers the best opportunity to introduce, develop, and perfect skills and movements without the pressure of race season.

During our 8 days on snow we will dedicate time to the following:

- **Directed Free skiing**
- **Slalom and GS Brush Drills and Courses**
- **Slalom Gates**
- **Daily Video Analysis**



Accommodations

Our group will be placed in either the Hotel La Belle Etoile or the Hotel Aalborg. Both are very nice and a short walk to the lift. Three meals are included each day and we eat in the hotel dining room. The professional kitchen staff is mostly Italian serving a mix of Italian and European cuisine.

Afternoon Activities

We are located in the heart of the L2A village, walking distance to everything. Our passes give us access to gondolas, chairlifts and various afternoon activities. We will do hikes of varying length most days, there are several swimming options, field sports, and two small French villages accessible by hiking, chair lift or gondola.



Is Your Athlete Ready?

This is an active trip, athletes should be ready to be physically challenged each day. We walk to the lifts, each athlete must be ready to carry their own gear on a daily basis. We will take a day off from skiing part way through the camp to promote muscle recovery. Previous experience sleeping away from home is helpful and a valid passport is a must.



Typical Daily Schedule

6:00 am	Wake up
6:30 am	Breakfast at the Hotel
6:45 am	Walk to lift
7:15 am	Lift load Lifts operate from 7:15 -12:30. Each day will have a different plan for skiing and training.
10:00 am	Mid morning break and snack on the Glacier
Noon	Back to Hotel for Lunch
1:00-2:00 pm	Quiet time
2:00-5:00 pm	Afternoon activities include hiking, field sports, swimming etc. This place is amazing and we will take full advantage of local activities and culture.
Evening	Dinner, video time, group activity, ski prep as necessary.

Logistics

Dates: June 21-July 2, 2018

Cost: Camp tuition is \$2100

That includes lodging, meals, transfers, lift access, and coaching. We plan to be on the ground for nine days. We will ski for eight days and take a day off, weather permitting.

Travel: We have made reservations for to fly from Boston in to Geneva. We will fly as a group, seated close to each other.

Additional Costs: Airfare, spending money.
(Campers will want some money to buy additional food on the travel days and to shop or buy snacks on our afternoon adventures.)

Phones: Many phones can be activated in the countries we will pass through. Check with your carrier before we depart

Internet: The hotel has internet but it is slow. Fine for basic connectivity.

Food allergies, other medical needs: This can be easily managed. The kitchen has been very responsive to our needs in the past. There is also a clinic close to our hotel.

