



## KICK START CAMP ATHLETES

<b>Dates</b>	Friday, December 6, 2019 Saturday, December 7, 2019
<b>Location</b>	Mt St Louis Moonstone – Main Chalet
<b>Check In</b>	2 <sup>nd</sup> Floor in Josl's Den
<b>Athlete Schedule Friday Dec 6</b> *Focus will be technical free-skiing and learning skills with CSIA Instructors	8:30am Check-In Opens– groups will be assigned @ check-in 9:30-11:30am On-Snow *Meet Outside Main Lodge – Hill Side 9:40am Group Photo by Sporting Life Tent 11:30-12:30pm Lunch 12:30-2:30pm On-Snow 2:30pm De-brief On-Snow 2:45pm Pick up
<b>Athlete Schedule Saturday Dec 7</b> *Focus will be executing skills and drill environments	8:30am Check-In Opens – same groups as Friday <b>8:30-10:30am Female Athletes participate in the Fast and Female Power Hour</b> – back on-snow for 10:30 9:30-11:30am On-Snow *Meet Outside Main Lodge – Hill Side 11:30-12:30pm Lunch 12:30-2:30pm On-Snow 2:30pm De-brief On-Snow 2:30pm Group Photo by Sporting Life Tent 2:45pm Pick up
<b>Female athletes</b>	All female athletes will be hosted by <b>Fast and Female</b> for a <b>Power Hour Chat from 8:30-10:30am on Dec 7</b> for a 2 hour fun filled, non-competitive indoor event for girls that connect participates with inspiring female athlete role models and equip them with empowering skills for sport and life. Fast and Female ambassadors including Larisa Yurkiw and Ontario Ski Team alumni will be in attendance.
<b>Parents</b>	<b>Sporting Life</b> will be supporting parent sessions on ski and boot information sessions and Parent checklist. Bill Ford will run a “Ski 101” session Dec 6 from 9:30-11am on the 3 <sup>rd</sup> Floor of the Main Chalet. Cam Powell will run a Boots 101 session from Dec 7 from 9:30-11am location TBC. A Level 1 and 2 officials course will be run Dec 7 at Mt St Louis – more information and registration available on <a href="https://www.alpineontario.ca/calendar/?M=12&amp;Y=2019">https://www.alpineontario.ca/calendar/?M=12&amp;Y=2019</a> .

**SPORTING** life

