



**LSDA Ski Team**  
**2017/2018**  
**Program Summary**

**The LSDA Ski Team is a slalom-focused FIS team based out of Thunder Bay, Ontario. The program takes advantage of its world class slalom training centre as well as its location in Thunder Bay – the “Gateway to the West” – to gain access to supplementary pre- and mid-season GS camps. We strive to prepare athletes to compete and have success at the NorAm Cup level.**



## PROGRAM HIGHLIGHTS

### Thunder Bay as a NorAm Slalom Training Centre

The Team trains out of Loch Lomond and Mt Baldy in Thunder Bay. Each resort is homologated for FIS slalom, a 15 minute drive from town, and feature complimentary training environments.

Loch Lomond has a long and challenging pitch and with 185m vertical drop rivals the World Cup slalom runs at Kitzbuhel (193m) and Wengen (195m) while being considerably longer than any slalom run in Ontario (with the next closest being 168m).

Mt Baldy's slalom training run lies adjacent to a t-bar giving 10 runs/hour on aggressive and undulating terrain, contrasting and complimenting the longer and steeper training environment at Loch Lomond.

### Western GS Camps

In addition to local SL and GS training, Western Canada GS camps are offered to give athletes access to longer GS runs and higher speeds. Athletes fly out of Thunder Bay's international airport while coaches drive the van and equipment to Calgary for an airport pickup.

### University Options

Post-secondary athletes may be eligible to enrol full- or part-time at Lakehead University to begin earning credits towards a university degree while racing.

Full-time student-athletes will have the opportunity to compete for the Lakehead University Thunderwolves (USCSA/NCAA Eligibility rules must be met) in the United States Collegiate Ski Association.

Student-athletes who wish to exclusively race USCSA have an alternative to the base program available to them, please contact Dave Bradley at [vicealpinechair@lsdalpine.com](mailto:vicealpinechair@lsdalpine.com).



## PROGRAM OVERVIEW & COSTS

### Base Program – \$8,000

The base program includes all local training, racing and lift passes, driving distance races (US Midwest: transportation, entries, lift tickets, accommodations), team uniform, dry-land training program, and team fees (food and local accommodations are not included). Athletes will work with coaches on goal setting and determining the best way to structure their season on top of the base program.

#### Base Program Highlights:

- ❖ 13 starts (Loch Lomond x2, Spirit Mountain x3, La Crosse x2, Lutsen x6)
- ❖ Up to 75 local training days between December 1 and March 18
- ❖ Up to 85 total days on snow

### Add-ons

Dates and costs are based on the 2016/2017 season and are subject to change. Races and camps may be moved to better fit the final race schedule.

### Camps

	Dates	Cost	Notes
Saas-Fee, SUI	Aug 13 – Sept 3	\$ 3,500	16 training days
Panorama, BC	Oct 29 – Nov 22	\$ 2,500	18 training days
Panorama, BC	Nov 23 – Dec 3	\$ 2,000	8 training days, 2 starts (2SL)
Western GS Camp	Feb 17 – Feb 27	\$ 2,000	9 training days
Western Demo Camp	Apr 10 – Apr 20	\$ 2,000	9 training days

\*Camp costs do not include flights

### Races

Additional races are available and encouraged as part of an athlete-driven driven initiative and will include a day of training at the venue before each event. There are opportunities to attend every NorAm series and Canadian or US Nationals. Multiple Spring Series in either the West and/or East may be included as they fit in with the NorAm Finals and National Championships schedule.



**For more information, please contact:**

**Northrop Johnston, FIS Coach**

fiscoach@lsdalpine.com

705.205.3203

**Ryley Remme, Athlete Rep**

ryley@remme.ca

647.293.5507

**Olivia Petrick-Bradley, Athlete Rep**

ojpbradley@gmail.com

807.620.1141

