

## *K1 Rabbit Hill Series Races Trip Sheet*

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Date of Races: Friday, February 1st to Sunday, February 3rd

Groups Involved: K1 athletes

Location: Rabbit Hill – Edmonton, Alberta

Accommodation: Nisku Inn and Conference Centre

### **Transportation**

We will be competing in the Alberta Alpine K1 Series races at Rabbit Hill in Edmonton the weekend of February 2<sup>nd</sup> and 3<sup>rd</sup>, 2008. The kids will train on Friday morning (February 1<sup>st</sup>) at C.O.P. and then tune skis at home before travelling to Edmonton that afternoon/evening. Races take place on Saturday and Sunday, travelling home Sunday evening. If you are not planning to travel with your athlete, please contact Scott and/or Kate so we can get them placed with another family.

### **Accommodation**

We have a block booking at the Nisku Inn and Conference Centre located about 20 minutes east of the hill. All families are responsible for making their own reservations. If you are not planning to travel with your athlete, please contact Scott and/or Kate so we can get them placed with another family.

1-800-661-6966 or [guestservices3@niskuinn.com](mailto:guestservices3@niskuinn.com)

Friday February 1 & Saturday February 2, 2008

Booking Reference No: PSC201

Must reserve by: January 22, 2008

Room Rate \$115.00 + taxes/night - Standard Room, 2 queen size beds.

Outside rooms (away from the courtyard/pool area) are available upon request.

### **Meals**

Meals will be the responsibility of each family. Athletes require bagged lunches that are easily accessible on the hill each day.

Team Dinner – Saturday, February 2<sup>nd</sup> – Pasta Buffet at the Hotel – 6:30pm, \$15 per person

### **Lift Tickets**

Discounted tickets for racers are available from Rabbit Hill each day.

## Schedule

### Friday, February 1<sup>st</sup>



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8:45am	On snow at C.O.P. for training (SL)
12:00 noon	Finish training, tune SL skis at home, travel to Edmonton
8:00pm	Light Jog and Team Meeting – meet in hotel lobby
9:00pm	Lights out

### Saturday, February 2<sup>nd</sup>



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7:00am	Wake up and warm-up
7:30am	Breakfast
8:00am	Drive to Rabbit Hill
8:30am	On snow warm-up
9:30am	First Run Inspection
10:00am	First Run Starts
3:00pm	Awards
4:00pm	Tuning/Video/Dryland (in 2 groups)
6:30pm	Dinner
7:30pm	Finish tuning/Homework
8:30pm	Team meeting
9:00pm	Lights out

### Sunday, February 3<sup>rd</sup>



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7:00am	Wake up and warm-up
7:30am	Breakfast and check-out of hotel
8:00am	Drive to Rabbit Hill
8:30am	On snow warm-up
9:30am	First Run Inspection
10:00am	First Run Starts
3:00pm	Awards and then drive back to Calgary

**Note: The camp schedule is subject to change**

**Packing List**Equipment checklist:

- Slalom skis & poles
- Boots
- Helmet & goggles; *spare lenses where applicable*
- SL protection including face guard

Clothing checklist:

- Gloves; 2 pairs
- Club uniform jacket and snow pants – Free skiing sessions in jacket and pants
- DH suit and training shorts
- Fleece(s) and layers
- Track pants & hoodie
- Running shoes
- Jeans / casual pants
- Thin shell or vest for morning warm ups
- Bathing suit and towel
- Ski socks; 3 pairs
- Long underwear
- T shirts; short sleeve and long sleeve
- Tuning kit and table (if you have one)
- Homework** & school supplies (pen & paper, etc...)

**\*\* Bring what you will need and not a thing that you won't**

Don't hesitate to contact myself or your coordinator with any questions

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