

Swiss Camp 2015/16

December 12th – March 13th

Introduction

The camp is based in a town called Obersaxen (South East Switzerland) The Ski Club pride themselves on producing a high level of ski racers who continue to go on to better and greater things as such.

Carlo Janka is the best known name, Carlo has won the Overall World Cup, Olympic Gold and World Championship titles all in recent years. Not bad for a town of just 810 people!

The advantage we have is we get the chance to train daily

with many up and coming skiers of all ages who have very high aspirations and are already very strong ski racers. The athletes will often get to train with World Cup and European Cup skiers who come on occasion to work on their technical with myself or Pius Berni who is the Head Coach for the local ski club.

There are a large number of athletes from U12, U14 to FIS from around the region and local club who train daily with us and they are at a very high level! So it's great for our Kiwi athletes in all of those age groups as well.

Races

The athletes will also be attending as many races as we see fit for the athlete concerned. If we feel they need to train and send others to a race then we will always do what is best for the athlete. We attend as many races as we can and these races are held all around Switzerland. So any additional costs for races we will let you know. These are normally kept at a very low cost unless we have to stay at a hotel. We will often travel with the local ski club athletes as often as possible as this is great for the athletes to mix and learn more of each others spoken language which always proves very entertaining.

Ski Club Membership

All athletes will need to become members of Ski Club Obersaxen as this makes it much easier to compete in a larger range of races like the Swiss Cup. This is a series of races for the athletes U16 and under. This is a separate cost of CHF100.00 to join the club and this can be paid by the athlete when there. The club pays for all race entries if you are a member so it works out very well for the athlete.

Accommodation

This season I have a large Hotel that is all ours to call home or “KIWI HOUSE” which will easily accommodate all athletes and any extended family who wish to stay at a very affordable cost. The house has unlimited internet and all cooking is handled by our own private chef.

Our full time chef (a kiwi) will be doing the cooking and cleaning as well as living there during the season. Coaches are also there for dinners, video analysis and tuning etc.

Getting to and from the training area

“Kiwi house” is close to the ski lift and the bus stop is 100m away. Athletes can walk across and ski down to the lift or catch the bus to get to our training area and ski to the door at the end of the day. The athletes need to be on the lift everyday at 9am... no earlier and no later!! it's really great for the athletes as they get a good sleep in and get to make the most out of the day. No long drives up the hill as such and no need to rush early in the morning like in NZ.

Normal Training Day

I head up the hill 1-2hrs before the athletes and set the courses, so they just turn up and inspect and have a couple free runs to warm up. A normal training session involves 8-12 runs of Full length training!!.. 32-38 GS Gates and 56-60 SL gates everyday. We do 3-4 runs in the first session and then go to the restaurant (which is at start gate) and watch video from 2 of those runs and then we head out and do

between 6-12 more runs and work on what we need to. Often we will train 2-3 runs more when the athletes energy levels are good and we feel the athletes need more runs.

After this is lunch... (the athletes can either eat at the restaurant or go back to house) and we then have the option of free skiing or training another discipline or hitting the gym for the afternoon as the whole set up and everything is pretty close to each other making it easily accessible for the athletes.

Included in your cost once you let me know the dates and time you will be there is:

- AIRPORT PICK UP-DROP OFF
- ACCOMMODATION
- FOOD (NOT LUNCH WHEN ATHLETES CHOOSE TO EAT IN THE RESTAURANT ON THE HILL)
- TRANSPORT
- SEASON PASS **for (Obersaxen only)** - Day trips to other resorts outside of Obersaxen will not be included and athletes will need to pay separately – CHF23.00-CHF53.00 on average. This will effect athletes who are at the camp from 12th-22nd December only.
- GYM MEMBERSHIP

Below are the camp prices

Duration	Amount (CHF)
1 Week Training Camp	CHF 4,500.00
2 Week Training Camp	CHF 6,500.00
3 Week Training Camp	CHF 7,500.00
4 Week Training Camp	CHF 8,500.00
5 Week Training Camp	CHF 9,500.00
6 Week Training Camp	CHF 10,500.00
7 Week Training Camp	CHF 11,800.00
8 Week Training Camp	CHF 13,000.00
9 Week Training Camp	CHF 14,000.00
10 Week Training Camp	CHF 15,000.00
11 Week Training Camp	CHF 16,000.00
12 Week Training Camp	CHF 17,000.00

Camp Coaches

As well as myself & Ski Club Obersaxen coaches, **Andrej Bozic** who has worked with Stockman Sports over the last year will be the other full time coach. During the months of December, January and February. Depending on numbers of athletes I will also have the assistance of another coach who has worked with Stockman Sports camps as well.

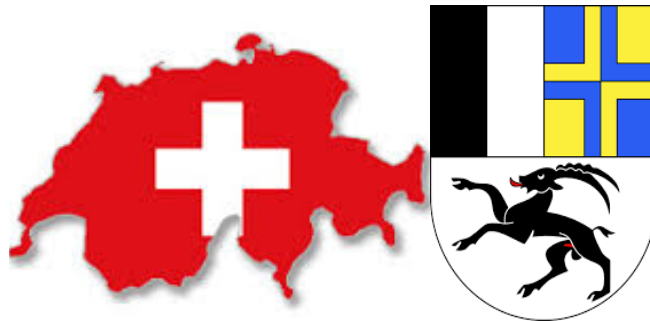
TRAVEL

Stockman Sports use Harbour City Travel and we have managed to organise a very good deal with Emirates allowing the athletes a 50kg baggage allowance. This is a big help compared to the normal 30kg given. This is only possible if booked through the "Harbour City Travel" Agency so I highly recommend booking through "HCT".

Your contact person is Stephen Hicks and he will help you out from start to finish.

Stephens contact details are below and any further questions please email or phone me prior to booking.

Email: stephen@hct.co.nz Ph: +64 4 4724757



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