

2022 ASC Saas-Fee Summer Camp

Checklist/Fact Sheet

- **Goals of the Camp** – This opportunity to attend a camp in Europe gives us the chance for our group to train in the European ski racing environment while being submerged in the Swiss culture. The team will experience and explore the Alps as a group and will create lifelong memories together.
- **Equipment Testing** – We will not be able to access demo material in Switzerland as this is usually done from March – to April. However, boot work (ex. Canting, grinding) can potentially be done in Saas-Fee.
- **Skiing Fundamentals** – We will continue to work on our ski racing fundamentals during this camp. As specified in the Mt Hood camp fact sheet, summer camps are the time when coaches can work diligently on technique without feeling pressured by ski racing season.

Camp Budgets

1. U14 – U18 Full-time camp estimated cost - \$4300 (estimated cost for 17 days and 20 athletes – 12 training days)
2. U14 – U18 Part-time camp estimated cost - \$4300 + \$540 (coaching fees)
 - Above budgets include Full Meal Plan – 3x meals per day, Ground transportation, Accommodations, Lift tickets, all coach Expenses.
 - The above budgets do not include athlete air transportation to Milan Malpensa (MXP) and back to Anchorage.
 - Budgets are highly dependent upon athlete participation. Final accounting and reconciliation will be done at the end of the camp. If the cost ends up being lower Leah will issue a refund on your club accounts.
 - Full payment must be made before departure.
 - Athletes must be registered for the 2022-2023 season to participate at the camp. Club registration opens July 1st, 2022.

Camp Registration

- Our registration will open today **May 3, 2022, at 5:00 pm**. Please be ready to register your athlete right away as we will take athletes on a first come first serve basis. **Click on this [link](#) at 5:00 pm to register your athlete.**
- Registration will remain open for one week; registration will close on **May 10th at 11:59 pm**.

Departure/Travel

- Athletes and coaches will depart Anchorage for Milan Malpensa (MXP) Saturday, July 21st. Athletes not flying with the coaches should plan on meeting the rest of the group at the Sheraton Hotel in Milano Malpensa on the evening of July 22. Please keep in mind that when traveling to Europe you lose one day, therefore athletes will depart on July 21 and will arrive in Italy on July 22.

- The group will be traveling to Saas-Fee from the Sheraton Hotel in Milan Malpensa via rented bus on the morning of July 23. The duration of the trip from the airport to Saas-Fee is about 3 hours.
- The group will check in at Hotel Bristol in Saas-Fee <https://www.hotel-bristol-saas-fee.ch/en>
- The group's last day on skis will be August 6th. Departure back to Anchorage will be in the morning of August 7th from Milan Malpensa (MXP) as a group.
- Athletes traveling before or after with their parents and not meeting the group at places of departure will be responsible for their transportation. If different from the coach's travel itinerary, please specify travel details during registration.

Weather

Saas-Fee Glacier has very unpredictable weather because of its high altitude. Expect winter conditions as well as 70F. Snow precipitation is possible, so please make sure you pack winter gear. Due to altitude and snow reflection, the sun is very strong so pack plenty of sunscreen. With warm weather and sun, dehydration happens quickly, so pack a large water bottle.

Ski Equipment/Gear

- U18 – 1 pair of FIS GS and 1 pair of FIS SL skis.
- U14, U16 - 1 pair of SL and 1 pair of GS skis.
- Ski boots/orthotics/footbeds
- GS and SL poles
- Protective gear - Arm pads, stealth, shin guards, pole guards, helmet, mouthguard, goggles, sunglasses, etc.
- Backpack for on the hill – water, snacks, extra clothes/gear.

All skis should be tuned and ready to go. **We are working on a potential ski bag cargo shipping opportunity to Milan and back again to Anchorage, details will come later this month.**

Ski tuning equipment

Athletes will be expected to bring their tuning equipment. With this, as we get closer to departure dates, we will arrange for certain groups to bring vices or irons so that not everyone will be bringing these heavy tuning pieces to Europe.

Packing List

- **PASSPORT THAT DOES NOT EXPIRE WITHIN 6 MONTHS OF DEPARTURE!**
- Pack DH suit/training shorts. With the warm weather, athletes will likely be training in DH suits every day.
- Athletes should have three bags: one ski bag, one backpack for the hill, and one clothing bag. Remember to keep the ski bag and clothing bag within the 50lb and the backpack should be used as a carry-on.
- Bring appropriate dryland workout clothes, shoes, bathing suit, and towel.

Accommodations/Meals

- The group will be staying at Hotel Bristol in Saas-Fee. This hotel is centrally located in the town, and close to lift access. Athletes will be rooming with athletes of the same age group.
- The hotel does have internet access, but the available bandwidth may be a bit slow.
- Breakfast, lunch, and dinners will be provided at Hotel Bristol.
- Athletes should bring or purchase snacks such as granola bars, protein bars, trail mix, etc. on the hill and between meals. Small grocery/convenience stores can be found in town.

Communication

- There is a good cell on the glacier and in town. Please check with your provider regarding potential international roaming charges.
- The hotel does accept international phone calls from parents, ideal phone call times are after 7:30 PM Swiss time.
- No in-coming or out-going calls after 10:00 pm Swiss time.
- Parents, please ensure that you provide your updated emergency medical contact information especially if you will be traveling while the athletes are at camp.
- It will be the athletes' responsibility to phone home during the camp.

Cash on Hand

- Almost all camp expenses are included in the camp budget and will be paid for directly by the staff. It is however necessary that each athlete have access to some spending money.
- Spending money – you should change US currency to Euro and Swiss Francs here in Anchorage as your change fees will be lower. In Italy and Switzerland, credit cards and cash cards are accepted only if you are spending more than Euro/francs 15 per purchase. Therefore, cash is appreciated.
- Athletes will need to bring money for breakfast and lunch on rest/travel days (Approximately Euro 30.00/day).
- ATMs are available everywhere in town. ATM cards are the way to go to ensure that your athlete is not carrying too much money during their trip. Please ensure with your bank their charge fees and if the ATM card will work in Italy/France/Switzerland.
- The group may travel to other locations on their days off. These trips will be for the day only. The athletes may have to pay for their transportation (for ex. public bus and train to Zermatt) lunch and any purchases or entertainment (canyoning, climbing, via Ferrata, waterpark, souvenirs, clothes, etc.) depending on the activity.

Important papers

1. ASC Emergency Medical Form – see attached to the email (this needs to be filled out if you are not attending the Mt Hood camp)
2. Notarized International Travel Consent form – see attached to the email
3. Passport – athletes will be traveling internationally, therefore a valid passport is needed. The passport should not be expiring 6 months before departure
4. Any insurance cards or insurance information that will need to be provided should an athlete be injured.

Failure to provide any of the above documents before departure will prohibit an athlete from attending the camp. The travel Consent Form needs to be collected in paper before departure. The other documents can be sent via email to Jen Danza – juniorsprogramdirector@alYESkaskiClub.com

General Daily Schedule (Subject to change)

5:30 – Wake Up
6:00 – Breakfast
6:30 – Depart for hill
7:15–10:00 – On snow training
10:00-10:15 – Snack break
10:15-12:30 – On snow training
1:15-1:45 - Lunch
1:45-4:00 – Free time/ski tuning
4:30-6:30 – Dryland activity/video
7:00 – Dinner
7:45-8:30 Video/team meeting
8:30-9:30 – Free time/ski tuning
9:30 – In rooms
10:00 – Lights out

Camp Training Schedule (Subject to change due to weather and snow conditions)

Camp General Schedule (Subject to Change)

July 21 Travel ANC - MXP (**there are 2 airports in Milan - Milan Malpensa MXP is our airport**)
July 22 Arrival in Milan Malpensa (MXP) – Stay in the Sheraton hotel in Milan Malpensa [Sheraton Hotel Milan Malpensa Airport](#)
July 23 Travel to Saas-Fee – Check in to Hotel Bristol
July 24 SL Drills/Training
July 25 SL Drills/Training
July 26 SL Drills/Training
July 27 SL Drills/Training
July 28 Day Off
July 29 GS Drills/Training
July 30 GS Drills/Training
July 31 GS Drills/Training
August 1 GS Drills/Training
August 2 Day Off
August 3 SL Drills/Training
August 4 SL Drills/Training
August 5 SL Drills/Training
August 6 SL Drills/Training – Travel to Sheraton Hotel Milan Malpensa MXP
August 7 Departure from Milan Malpensa MXP to Anchorage AK

Coach Flight Details are attached to the email.

Please feel free to email me at juniorsprogramdirector@alYESkaskiClub.com if you have any questions.