



2023 OAST Team Training Camp - Dec. 8-10 at Lutsen Mountains

On-Snow Itinerary

Friday, December 8:

8:00/8:30pm in lobby of the AmericInn (Tofte, MN): OAST Team & Family meeting with Coach John & Rob.

Saturday, December 9:

Lifts begin running at 9:00am & close at 3:30pm

7:30am in AmericInn lobby area: All athletes are to be dressed with ski/boot bags & everything ready to load up IF you are staying at there. Otherwise, meet at Lutsen - location below. Parents... this is a good time to warm up the car and load equipment 😊

8:00am: Depart from AmericInn (Tofte, MN) for Lutsen Mountains Resort

- Park in any of the lots or along the road by the **Scandinavian/Gondola Base Chalet**

8:30am: Meet as a group upstairs in the **Scandinavian/Gondola Base Chalet to boot-up** you may store your bags neatly under the tables (lockers are also available on main floor)

TRAINING NOTES:

- Course/lane location will be confirmed at Friday Athlete/Coach meeting
- Training times & locations may be revised due to weather & resort scheduling
- In the event of an emergency: Coach(es) will enact EMS/1st Responder protocol with Ski Patrol & notify parent/guardian. Pls. make sure we have your cell when you [registered](#).
- Weekend Coaches Cell #'s: Rob Thomas (952-250-2036), John Koch (763-286-4085), Parent - Elliott Randolph (952-913-7610)

9:00 – 11:30am: Morning training & video – location tbd

11:30am – 12:30pm: LUNCH – upstairs chalet

12:30pm – 2:30/3:00pm: Afternoon training – location tbd

Just in case INSIDER TIP 😊: The lunch line can sometimes be long. Bring snacks or a bagged lunch as a backup if you don't want to wait in line.

2:30/3:00pm: **ALL RACERS** to pull & slip course, transport &/or store gates
Head back to the hotel to chill out/swim/sauna!

6:00pm: Dinner in AmericInn lobby hosted by Captains parents. Cost/person and Venmo TBD. BYOB for grownups.

Captains will host the White Elephant Gift exchange following dinner. Gift max is \$25 and you will see some gifts worn on the slopes the next day! Most years the kids end up in the swimming pool for the rest of the evening while parents socialize in the lobby.

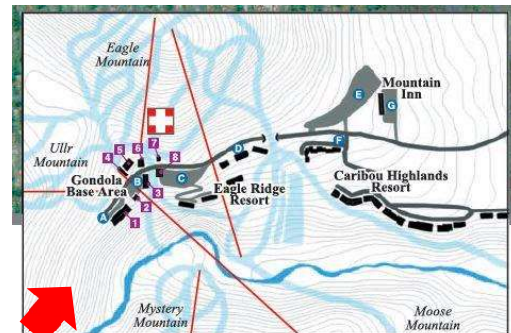
Sunday, December 10:

8:00am: Depart from AmericInn (Tofte, MN) for Lutsen Mountains Resort (parking & booting-up same as Saturday)

8:30/8:45am: Meet as a group upstairs chalet to boot-up in the **Scandinavian Chalet** & for Athlete/Coaches talk

9:00 – 11:30am/12:00noon: Morning training - location tbd

11:30am/12:00noon: **ALL RACERS** to pull & slip course, transport gates... &, family/athlete free ski or depart for home!



FACILITIES KEY	
Parking Areas	Gondola Base Area
A Restaurant Parking	1 Papa Charlie's Saloon & Grill
B Pedestrian Courtyard/ Drop Off Zone	2 Tickets
C No Parking	3 Rental
D Parking	4 Gondola Base Chalet
E Eagle Ridge Guest Parking	5 Lutsen Mountain Shop
F Parking (shuttle weekends & holidays)	6 Moose Cafe
G Caribou Highlands Guest Parking	7 Lockers
H Mountain Inn Guest Parking	8 Ski School
I Ski Patrol	9 Ski Patrol
J 218.406.1338 or 218.406.1320	10 Eagle Ridge Registration

CHECK THE WEATHER FORECAST!

*Lutsen can get REALLY cold and windy!
Come prepared... hand/toe warmers, neck gaitors, mitts & liners, extra layers, a fresh pair of socks to change into after lunch, boot heaters or boot gloves.*

**THANKS TO EVERYONE FOR THE GREAT WEEKEND!
WE'LL SEE YOU AT PRACTICE**