

# **LUTSEN TRAINING CAMP Dec 13-15<sup>th</sup>**

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## **Friday, December 13:**

Arrive Lutsen Area

**8:00pm** OAST Team and Family meeting at the AmericInn lobby (Tofte, MN)

## **Saturday, December 14:**

**7:30am** All athletes should be dressed with all your ski gear ready to load up in your car. If you are not staying at the AmericInn, please meet at the Lutsen ski resort.

**8:00am:** Depart the AmericanInn and drive to Lutsen Mountains Resort

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

**11:30am – 12:30pm: LUNCH** – upstairs Chalet

**12:30pm – 2:30pm:** Afternoon training – location TBD

**2:30/3:00pm: ALL RACERS** to pull & slip the course, transport &/or store gates. Head back to the hotel to chill, swim, sauna... All Athletes are welcome at the AmericInn even if you are not staying there. This is a team event.

**6:00pm: Dinner at the AmericInn lobby hosted by Captains parents.** The cost per person is TBD. Please RSVP on the oronoalpine.com website Google doc. AmericInn does not have a restaurant. If you want to bring something to the lobby event, it is ok.

After dinner, the athletes will exchange their White Elephant Gifts. Gifts are \$25 and under. Kids should pack a swimsuit. After the white elephant gift exchange, most kids go to the pool. Parents, we encourage you to stay and socialize with other team parents in the lobby.

## **Sunday, December 15:**

**8:00am:** Depart the hotel to Lutsen Mountains Resort (parking & booting-up is the same as Saturday)

**8:30/8:45am:** Team meeting upstairs at the Scandinavian Chalet

**9:00 – 11:30am:** Morning training - location TBD

**11:30am or 12pm:** ALL RACERS to pull & slip course, transport gates and other clean up duties. After the course is cleared, you are free to ski or travel home.

### **General Important Information**

Lift times 9am to 3:30pm

Parents... Parent volunteers for equipment is appreciated.

All Athletes are welcome at the AmericInn even if you are not staying there. This is a team event.

Lutsen is a cashless resort. Sometimes, the lunch line can be long. You are welcome to pack a snack and/or lunch.

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.

Parking: Park at any of the lots or along the road by the Scandinavian/Gondola Base Chalet by 8:30am

Team Meeting : Meet as a group upstairs in the Scandinavian/Gondola Base Chalet. Lockers are available or you can neatly store your belonging under or by the tables.

TRAINING NOTES: - Course/lane location will be confirmed on Friday during the 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. Please to go [oronoalpine.com](http://oronoalpine.com) Training camp tab and click the register here button. There are 3 tabs on the Google Doc. Please make sure we have your emergency contact information.