

NORWAYSLIDING & LILLEHAMMER OLYMPIC LEGACY SPORTS CENTRE PRESENTS

LILLEHAMMER INTERNATIONAL SLIDING CAMP

27TH – 30TH JUNE & 15TH – 18TH AUGUST 2019



PROGRAM

- COACHING BY UGIS ZALIMS (FORMER LATVIAN BOBSLEIGH ATHLETE)
- START/SPRINT TRAINING BY ALEXANDER HANSEN (NORWEGIAN SKELETON ATHLETE)
- OFF-SEASON TRAINING
- EQUIPMENT HANDLING AND PREPARATIONS
- PHYSICAL TESTS
- VISUAL TRAINING AND TRACK PREPARATIONS
- HEAD INJURIES AND SIGNALS TO BE AWARE OF
- ANTIDOPING
- ...ADDITIONS TO THE PROGRAM WILL BE ANNOUNCED LATER

*WE RESERVE THE RIGHTS TO MAKE CHANGES TO THE PROGRAM



NORGE



Lillehammer Olympic Legacy Sports Centre

PRACTICAL INFORMATION

- BOTH CAMPS STARTS AT 3 PM ON THURSDAY AND ENDS AT 4 PM ON SUNDAY
- THE CAMP'S TARGET AUDIENCE IS ATHLETES AND COACHES, OR OTHERS WHO'S A PART OF THE SUPPORT TEAM
- ACCOMMODATION WILL TAKE PLACE AT HAFJELL HOTEL IN ØYER
- ALL MEALS WILL BE SERVED AT HAFJELL HOTEL (BREAKFAST, LUNCH AND DINNER)
- REGARDING TRANSPORTATION. EACH PARTICIPANT ARRANGES AND PAYS FOR THEIR OWN TRANSPORT TO AND FROM ØYER (THE HOTEL). ON LOCATION, THE ORGANISER WILL ARRANGE FOR NECESSARY TRANSPORTATION.
- IF POSSIBLE, BRING YOUR OWN SLED/EQUIPMENT

REGISTRATION

- REGISTRATION FORM: [HTTPS://BIT.LY/26U1WK1](https://bit.ly/26U1WK1)
- REGISTRATION DEADLINE: 15TH MAY 2019
- MAXIMUM NUMBER OF PARTICIPANTS: 30
- REGISTRATION IS BINDING / NO REFUNDS

FEE AND PAYMENT INFORMATION

- SINGLE WEEKEND, ATHLETES: 1500 NOK
- SINGLE WEEKEND, COACHES/OTHERS: 1500 NOK
- BOTH WEEKENDS, ATHLETES: 2600 NOK
- BOTH WEEKENDS, COACHES/OTHERS: 2600 NOK
- THE FEE COVERS ALL TRAINING, TRANSPORTATION (AT LOCATION), MEALS AND ACCOMMODATION
- PAYMENT IS DUE 2 WEEKS AFTER THE REGISTRATION IS CONFIRMED

CAMP ORGANIZERS

LILLEHAMMER INTERNATIONAL SLIDING CAMP IS ORGANIZED BY LILLEHAMMER OLYMPIC LEGACY SPORTS CENTRE AND THE NORWEGIAN LUGE, BOB AND SKELETON FEDERATION IN COOPERATION WITH THE INTERNATIONAL BOBSLEIGH AND SKELETON FEDERATION. THE CAMP WILL HAVE COACHES AND INSTRUCTORS WHO WILL FOLLOW UP THE PARTICIPANTS DURING DAYTIME AND EVENINGS. THIS IS A NON-ALCOHOL EVENT.

ABOUT THE LILLEHAMMER OLYMPIC LEGACY SPORT CENTRE

LILLEHAMMER OLYMPIC LEGACY SPORT CENTRE AIMS TO GIVE YOUNG ATHLETES, COACHES & LEADERS THE OPPORTUNITY TO DEVELOP THEIR SKILLS WITHIN WINTERSPORTS. THE CENTRE IS LOCATED IN LILLEHAMMER AND WAS ESTABLISHED AFTER THE YOUTH OLYMPICS IN LILLEHAMMER 2016.

