

# OCTOBER CAMP '09 - TIGNES

## F.A.S.T.

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### CALLING ALL F.A.S.T SKIERS

If you haven't heard of **FAST** before then read on.....

Focused Alpine Scottish Training is the brand name of the Scottish Combined Alpine Camps initiative. There are two main aims (1) to increase cooperation between Clubs resulting in better planned and less fragmented year round training programmes for young Scottish skiers and (2) to maximise economies of scale allowing foreign camps to be run more efficiently.



"Why don't you come and join FAST in Tignes?"

### Why Tignes?

Tignes glacier has an excellent variety of pistes for training. In October the glacier often has real 'winter' snow which allows us to train full length days.

There's also the possibility of tree top adventuring, mountain biking, water jumping and hiking – a bit of fun in amongst the hard work on skis!

### Camp dates and travel

Departure Scotland – Geneva Saturday 10<sup>th</sup> October - returning Saturday 24<sup>th</sup> October, travel both ways by air. We can also offer one week options – see booking form below. Transfer Geneva to Tignes and return by minibus taxi.

### Accommodation

This year we will be staying again at the Hotel Alpaka <http://www.alpaka.com>. Recent FAST camps have stayed here and we are well looked after. The hotel is a short bus journey to the Funicular up to the Glacier skiing. For the safety and well being of the children we take houseparents on the camp at a ratio of 1 parent to 10 children.

### Programme

You'll be working on core technique and technical skills – free skiing is a big part of the programme as well as lane training.



## Tignes October Camp 07



### Coaches

The head coach will be Ronnie Naismith (ASC), plus one or more coaches from CSC; Number of coaches dependent upon final numbers – we aim for a 1 in 7 ratio.

### Ages

The camp is open to CH members of Scottish Clubs, born in the years 1995-1998.

### Costs

Dates and all inclusive cost:

Two week camp: 10<sup>th</sup> – 24th October

**estimated £1750**

One week camp: 10<sup>th</sup> – 17<sup>th</sup> or 17<sup>th</sup> – 24th October

**estimated £ 900**

Important note: the above costs are an **ESTIMATE ONLY** based on 2008 camp accounts. If the camp cost us less, we will give you a refund. Equally, if the camp costs more, we will ask you for an additional payment.

Your deposit of £ 250.00 is required by **11<sup>th</sup> July 2009**. The group booking will be made then. Thereafter you will be required to pay any additional costs – particularly flights (they do go up in price) – that are incurred.



### YES PLEASE!!

Please cut off and return forms and deposits to Andrew Buchan, 2 Langley Place, Kinnoul Hill, Perth, PH2 7XB, marked 'FAST'.

If you have any questions please e-mail Roy Smart at roy4survey@aol.com or phone 0131 663 2192 (day) or 0131 654 2291 (eve). The closing date is **11<sup>th</sup> JULY 2009**. A deposit of **£250** is required **by this date**. Please make cheques payable to 'Snowsport Scotland' and send to Andrew Buchan. Late bookers will be charged the appropriate flight fare. You will be invoiced for the balance due.

- I wish to register a note of interest
- I enclose a completed application form and £250.00 deposit per athlete payable to 'Snowsport Scotland'.
- I agree to my e-mail address..... *(please write clearly)* being used for communications about the FAST camps.

My preference is for (please tick)

- 2 week camp, 10<sup>th</sup> – 24<sup>th</sup> October
- 1 week camp, 10<sup>th</sup> – 17<sup>th</sup> October
- 1 week camp, 17<sup>th</sup> – 24<sup>th</sup> October.

Parent/Guardian name

Address

Contact telephone number

Athlete name/s:

Date of birth

Club

Skiing/Racing experience – please tell us :