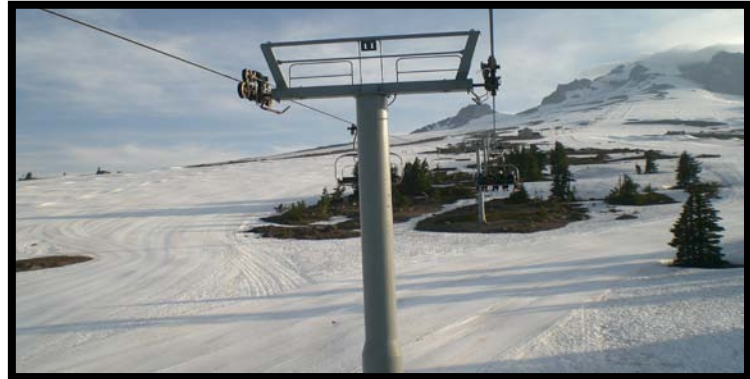




NCO Interface Camp MT Hood, Oregon, June 2009



The National Capital Outaouais Ski Team (NCOST) will be holding an Interface camp this summer on the Palmer Glacier in Mt Hood, Oregon. This camp will bring together athletes and coaches from the local clubs to be exposed to the NCOST program coaching staff, athletes and philosophy, as well as provide a high quality summer training opportunity for all the athletes. In addition, the camp will have NCOST alumni coach and athletes in attendance to assist and participate in the training of the participating coaches and athletes.

We are planning for 10-12 interface athletes and up to 7 interface coaches. The camp is for K2 and FIS athletes, but the NCOST will consider second year K1 athletes as well.

The guest coach and athletes on the interface camp will work with the club interface athletes/coaches during the camp, training with the NCOST groups (K2/FIS) and coaches.

Mt. Hood offers an excellent summer training environment with hard snow conditions and excellent terrain to develop skills in younger athletes and also to challenge even the best in the world.

For these reasons Mt. Hood is an annual summer training venue for both the US and Canadian Ski Teams. Mt. Hood is also a summer test center for all ski brands; athletes and coaches can test the new race skis and boots from the next season, all sizes and brands available at no charge.

When

The Camp will be from June 24-July 5, 2009, departure and return dates

The Plan

The camp will have 9 days on snow with one full activity day in the middle of the camp. Athletes will be put through a deliberately planned on snow skills progression in SL and GS. Athletes will have a large volume of runs in free skiing, drills and gates. A camp DVD showing the athletes progression will be provided to the athletes.





Objectives

Summer training is a key part of any athlete's success, as an athlete you are a product of your preparation period. The NCOST believes that in this training block, the athletes must take advantage of the quality learning environment by making every run count, refine their on snow skills and perfect technique. Athletes will work in small training groups, maximum of 6 to 1, and receive daily video analysis or their training.

The coaching staff will develop the athletes in a positive environment promoting the love of the sport, long term involvement, while instilling a strong work ethic and goal oriented training.

Activities

On the day off, athletes will have a full day of White Water rafting on the Deschutes River:

<http://www.riverdrifters.net/deschutesriver.htm>

Daily after skiing activities will include the following: hiking, soccer, core and flexibility maintenance, basketball, swimming.

Lodging

Thunderhead lodge in Government Camp, Oregon. About a 10 minute drive to the base of the mountain and walking distance to all local amenities such as, grocery store, restaurants, all ski suppliers and shops for ski testing. Athletes will be staying in 4 or 6 person condo units, complete with full kitchen, TV, stereo. There is a heated pool, games room as well as laundry on site. For more information:

<http://www.mthoodrent.com/proppages/thunderhead.html>

Coach Interface

Cost: \$2200(approximate)

Includes: Airfare, transportation, all meals and lodging, ski passes

Athlete Interface

Cost: \$2700(approximate)

Includes: Airfare, transportation, all meals and lodging, ski passes, coaching, camp DVD (training sessions)

Registration

In order to confirm lodging, lane space and flights we would appreciate hearing from those interested

clubs/coaches and athletes by **Monday April 27, 2009**. Once numbers are confirmed we will be hosting an information session which will provide additional details on the camp. Please respond to the NCOST





coaching staff at ncoskitem@yahoo.ca Enrollment will require a letter of reference from the athlete's coach, supporting the athlete's attendance to this camp.

Guest Coach/Athletes

Alistair Scott

- Certified Instructor/Coach for 21 years
- Level 4 CSIA
- Level 3 CSCF
- NCCP Level 3
- Head Coach and Coach with the NCO from 2000-2006
- Coach and Instructor at Whistler Mountain from 1991 -1998
- Owner of Cycle Logik

Alistair has this to say about his success as a coach:

“One could say I was relatively successful as a coach. This is hard to determine. Only two of the kids I have been involved coaching have made it to the National Team. That is not really a success in my eyes. I believe the kids had good experiences while under my guidance. I have received positive feedback from parents indicating that their kids learned important life skills and are still involved with skiing. I am still in contact with a number of athletes and am occasionally asked for advice. That I think is success.”

Aileen Farrell

- NCO Ski Team 2000-2003
- Quebec Ski Team 2004-2007
- 2nd in the Combined at Canadian Nationals in 2006
- 5th overall in Canada for SL in 2006
- Currently on a scholarship at University of New Hampshire and a member of the Wildcats ski team.
- 7th in GS at the NCAA championships-2007
- 6th in SL at the NCAA championships-2008
- 8th in GS and 5th in SL at NCAACHampionships2009





Dustin Cook

- NCO Ski Team- 2002-2006
- Quebec Team-2007
- Canadian National Development Team-2007-Present
- 9th DH World Juniors Garmish 2009
- Canadian Junior DH Champion 2009
- 8th –NorAms overall 2009

World Ranking (Junior)

- DH-18th- 33.28 FIS points
- SG-7th – 19.74 FIS points
- GS-12th- 16.59 FIS points
- SL-62nd- 25.57 FIS points

