

Lyle Cameron

From: Chris Powers [powers_1080@yahoo.com]
Sent: December 29, 2007 8:24 PM
To: Gord Sheiner E-mail); John Bott; Carol Bradley; Lyle Cameron; Lyle Cameron; Zach Cameron; frank Charette; Frank Charette; Ed Chicoine; Kijek Family; Ferland; Michelle Ferland; Celine Giguere; dave holdham; Clark Holdham; Dave Holdham; Frederick Kijek; Charles Kijek; Nancie Korte; Nancie Lee Korte; Chris Moore; Lise Oda; Alistair Scott; Julian Sheiner; Tom Steinke; Thomas Steinke; Karen Steinke; Andy Wolff
Subject: Stoneham camp update

Camp update:

Where we are

Stoneham Mountain Resort, Tewksbury, QC.

18 Ave du Rocher, Lac Delage

http://www.hebergementstoneham.com/houses_spa.html

What to bring

We are staying for 3 nights, which means you should be packing very light, ski clothes and some casual clothing.

- GS and SL skis and poles
- GS and SL Protection
- Running shoes and dryland gear
- Travel tuning kit (I will bring my Iron)
- Food or money for food while traveling
- Snacks
- Water Bottle

Travel schedule

Departure at 3pm from Bank St. T&L on Tuesday January 1st....2008!

Return after skiing January 4th, we will call when we leave Stoneham and on the road.

Camp objective

- Get good quality GS training on open, challenging terrain.
- Finalize race preparation
- Continue individual technical progressions

Thats all for now!

Chris

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