



TEAM BC K2 Nationals – Silver Star 2009

Trip Sheet

| LOCATION / DATES: | Silver Star Mountain Resort – Fri. March 27 – Friday April 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------|---|-------|-------|-------|---------------|---------|--|---------------|-------------------------|--|--------------|-------------------|--|------------|-------------------|--|---------------|----------------|--|-------------|----------------------|--|--------------|----------------------|--|-------------|-----------------------|--|
| TRAVEL/ ARRIVAL: | Travel plans to Silver Star are the responsibility of the athletes club, coach or parents. Please arrive at Silver Star Resort on March 27th by 4pm at the “Coaches House – SnowDen”. See link below for maps and information | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ACCOMMODATION / MEALS: | Rental houses with full amenities. Meals will be provided by BC Team cook, included in the cost. (Food allergies please contact Gordie Bowles) <u>Houses:</u> Coaches: http://www.silverstarmountain.com/VacationHomePages/SnowDen.htm Girls: http://www.silverstarmountain.com/VacationHomePages/BroughHarrisonHome.htm Boys: http://www.silverstarmountain.com/VacationHomePages/PanoramaInn.htm Emergency Contact: BC Alpine coaches Gordie Bowles (604) 787-9431 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| COST / PAYMENT: | \$ 1,100 – Pay BC Alpine prior to March 20th at www.pay.bcalpine.com Includes: accommodation, meals, lift tickets, banquet, team jacket, coaching, race wax. *** <u>Emergency Consent Form: BC Alpine Calendar (K2 Nationals)</u> *** Please fill out form and send to BC Alpine or have on possession for first meeting with coaches. Click on link above or go to “Resources” on bcalpine.com. | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SCHEDULE: | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Day</th> <th style="width: 55%;">Event</th> <th style="width: 30%;">Notes</th> </tr> </thead> <tbody> <tr> <td>Fri. March 27</td> <td>Arrival</td> <td></td> </tr> <tr> <td>Sat. March 28</td> <td>SG Train on race course</td> <td></td> </tr> <tr> <td>Sun March 29</td> <td>Official SG Train</td> <td></td> </tr> <tr> <td>Mon Mar 30</td> <td>SG (M) and SC (W)</td> <td></td> </tr> <tr> <td>Tues March 31</td> <td>SG (W), SC (M)</td> <td></td> </tr> <tr> <td>Wed April 1</td> <td>GS (M), Train GS (W)</td> <td></td> </tr> <tr> <td>Tues April 2</td> <td>GS (W), SL Train (M)</td> <td></td> </tr> <tr> <td>Wed April 3</td> <td>SL (W/M), Depart home</td> <td></td> </tr> </tbody> </table> | Day | Event | Notes | Fri. March 27 | Arrival | | Sat. March 28 | SG Train on race course | | Sun March 29 | Official SG Train | | Mon Mar 30 | SG (M) and SC (W) | | Tues March 31 | SG (W), SC (M) | | Wed April 1 | GS (M), Train GS (W) | | Tues April 2 | GS (W), SL Train (M) | | Wed April 3 | SL (W/M), Depart home | |
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| EQUIPMENT: | <ul style="list-style-type: none"> - SG, SL, GS skis (skis must be race tuned and travel waxed) - Race gear (helmet, shin pads, poles, DH suit, ski jacket, rain coat) - Tuning equipment and travel wax - Dryland gear - bottle, camera, homework, sunscreen, usual clothes | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Contact:
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If there are any questions