

# Haig Glacier–Summer XC Ski Camp w World Cup skier Matt Liebsch June 18<sup>th</sup>-23<sup>rd</sup> ~ for Masters, Seniors and Juniors ~



**Join coach and World Cup athlete Matt Liebsch for a week of hiking and summer skiing on Haig Glacier in the Canadian Rockies. This will be the 11<sup>th</sup> Annual camp**

- This has been a great camp the last 10 summers... summary and pictures can be found here... <http://www.skinnyski.com/training/display.asp?id=23392> and video recap 2016 <https://vimeo.com/173656176> and 2014 video <https://www.youtube.com/watch?v=AiEL6ciO09s>. We've had athletes ages 15-70.
- The daily routine includes: early breakfast, hike 45 minutes up to the glacier, ski on fresh piston-bully tracks until noon. Hike back down for lunch, stretch, take a nap, read, short (optional) hike or strength, eat dinner, review ski technique video from the morning, go to bed, get up and repeat.
- The camp fees include grooming, helicopter transport of you and your gear, 3 hearty meals prepared by camp staff and snacks, bunk beds with separate sleep areas for men and women.
- The ski program emphasizes easy distance altitude skiing. Technique coaching will take place some mornings and will include video analysis. Most of the mornings will be for easy distance skate and classic skiing. This camp is physically challenging due to the alpine environment, changing weather conditions, long distances, and moderately high altitude.
- This is a back-country camp manned with seasonal staff, radiophone and satellite communications with ranger station and helicopter support teams down below (no cell phone reception on the glacier). There are hot showers, TV w/movies, full kitchen, bunk house, and strength area. Limited Wi-Fi dependent on weather



The Haig Glacier Ski Camp, also known as The Beckie Scott High Altitude Training Center, is a seasonal Nordic ski camp used by clubs and teams from across north America. The Haig Glacier is located south of Canmore Alberta in Peter Lougheed Provincial Park.

- Fees: \$1250 before May 31<sup>st</sup>, \$1350 after (for groups of 4 or more contact Matt Liebsch for team/club/group rates). NEW, scholarship funds are available to reduce cost to junior/HS/college athletes, please inquire for details
  - Helicopter transport of you and your gear up to camp and the glacier
  - All food and lodging while up at the camp
  - 6 possible days of groomed morning snow skiing, easy distance emphasis with some technique instruction and video analysis. (Depending on the local mountain weather skiing conditions may vary)
- Extra Fees Required:
  - **Transportation to Canmore, AL.** Last year we offered ground transport from Minneapolis. That is still an option, please contact Matt Liebsch for details. Most will be flying into Calgary and sharing rental car for the week. Airfare is around \$490 currently. Mileage tickets are 30-40k on Delta.
  - Food money while in transit
  - All athletes will need passports!
  - !! Lodging on the front and backside of camp is not covered. In the past we have had a mix of people camping in Canmore or hotel on Monday night before we start camp on Tuesday. On the backside of camp, Sunday night the 23<sup>rd</sup>, those flying home usually stay at a Calgary airport hotel and fly home Monday morning and those driving home start Sunday afternoon. Also, rental car/transport to the Canmore area from the Calgary airport is not covered and needed. We have done a great job in the past of pairing up people to share rental car costs or carpool pickup from those driving personal vehicles and hotel/camping costs. Some people also enjoy coming early or staying late on this trip to allow time to check out Banff and the Canadian Rockies.
- Skier Selection for Trip:
  - The athlete must be in good physical condition and able to hike in the mountains and be able to ski at altitudes near 8500'. Fun is the goal on this trip but also high quality training☺
- Contact and additional details:
  - Coach **Matt Liebsch** 763-420-8981 [MattLiebsch01@gmail.com](mailto:MattLiebsch01@gmail.com) Please contact me for additional information. If you have any level of interest, I would be happy to answer any questions.
  - 50% down payment due on sign-up. Remaining balance due May 31<sup>st</sup>. Make checks out to "Matt Liebsch" and mail to **920 Dakota Ave Orono, MN 55356**
  - We will attend backcountry training at 8am on Tuesday morning at the Canmore Nordic Center before flying into the Haig later that morning (9am eta from Ranger). Those flying for this trip should arrive Monday at the latest. Those driving will leave Sunday morning, stop in MT, then finish the drive Monday midday. For departure, we leave the Haig Sunday morning the 23<sup>rd</sup>. Those driving will leave Sunday afternoon and arrive back to the Midwest by late Mon evening. Those flying should schedule flights out of Calgary either late Sunday or Monday.