

Saas-Fee Camps daily schedule

In Autumn the glacier opens 1 hour later, and the schedule is adapted.

Breakfast at 6:30
To the slopes 7:15
Ski 8:00 to 12:00 with a 15 minute break
Lunch 13:00
Video, equipment maintenance, physical and mental conditioning 15:15 to 19:15
Dinner 19:30
Bedtime 21:00

SAAS-FEE. THE TOWN

Saas-Fee is a pedestrian-only town where only certain electric vehicles are allowed. The atmosphere is very serene, clean, and the town is surrounded by an impressive landscape of forests, and glaciers with peaks reaching 4400 metres. It has all necessary services and a wide range of sports facilities. These safe and relaxed conditions make it an ideal place for children and adolescents.

SAAS-FEE. THE GLACIER

The Saas-Fee glacier where the camps are held is at an altitude of between 3200 and 3600 metres. It has three T-bars providing access to 3 free skiing runs, 5 gate training runs and a snowpark. In order to access the glacier in summertime, you must take two cable cars and an underground funicular train. The trip takes a total of 35 minutes. In a normal year, the vertical skiable area increases by 700 metres by the beginning of November adding many more skiing options.

Weather conditions can vary quite drastically even during the summer and we therefore recommend that you pack clothing for both warm and cold conditions.

TRAINING GROUPS

Athletes participating in our training camps will be divided into training groups based on age and skill level with a maximum of 7 skiers per group. Groups may change during the course of the week in order to work on each athlete's specific goals with a view to best individualising training.

PHYSICAL CONDITIONING

All athletes taking part in our camps will take part in physical workouts throughout the week. These workouts will always be age appropriate and based on the condition of

each athlete. They are designed to be challenging and demanding as well as fun and creative.

These post-ski workouts focus on recovery from the training sessions and protection against injury; their aim is also to improve strength, coordination, balance, agility and flexibility.

Saas-Fee is the ideal setting to engage in a wide range of sports and physical training.

HYDRATION, NOURISHMENT AND SUN PROTECTION

Proper water intake is an important factor for all athletes. Athletes taking part in our camps must take even greater care because of the altitude of the glacier and the low relative humidity. For training on the slopes and post-ski workouts, athletes must carry at least one litre of liquid in their training backpack which must be consumed during the course of the training session.

Sun protection using high factor sun cream is also indispensable.

You must also carry quick-energy salty snacks with you to glacier training (energy bars, nuts, fruit, and sandwiches). There is always a break during glacier training to eat snacks. Athletes staying in our hotel will be offered a variety of snacks to choose from at breakfast time every morning.

A well-balanced and abundant breakfast before training is also of vital importance and we will insist that all our athletes heed this recommendation.

While athletes are training with us, their diet should be varied, healthy and abundant and must include fruits and vegetables.

Our ski camps include instruction on healthy eating habits.

IN THE EVENT THAT THE GLACIER IS CLOSED AND REST DAYS

On days when the skiable area is closed to the public due to inclement weather or for technical reasons, Ski Zenit trainers organise alternative physical activities and/or technique training for participants.

Camps include 5 days of ski training per week (if weather permitted).

LODGING AT THE SKI ZENIT HOTEL

We offer triple, double and single occupancy rooms, all with a private bathroom. The hotel is a 4 minute walk from the town centre and 7 minute to the lift (cable car). The hotel has a restaurant, refreshment bar, living room, wellness area and a ski room. Rooms are cleaned and sheets and towels changed once a week. Each athlete is responsible for keeping his/her room tidy at all times. The beds have Nordic comforters so bed-making is fast and simple. Towels are included.

Breakfast, lunch and dinner are prepared by the hotel staff. Any special dietary needs must be communicated to Ski Zenit in advance.

Collaboration among all participants and teamwork are requirements for successful co-existence in the Hotel.

CHILDREN ATTENDING ON THEIR OWN

Children who are not accompanied by their parents will have round the clock supervision from our camp leaders. Our philosophy is to give children freedom in exchange for responsibility. Saas-Fee is an ideal location for that.

From September to November, afternoon study times will be set aside for school-aged racers.

Ski Zenit Hotel supervisors are available to receive phone calls every day between 7 pm and 9 pm.

SKI TRAINING EQUIPMENT

- Race-quality ski boots (appropriate size, fit and flex). **
- GS skis (appropriate length) with good edges and base. **
- SL skis with good edges and base (starting U-14). *
- GS ski poles. **
- SL ski poles with slalom hand guards (starting U-14). *
- Slalom shin guards (starting U-14). *
- Helmet.
- Slalom chin guard (starting U-14).
- Back protection.
- Sun goggles.
- Low light and fog goggles.
- Ski gloves.
- Training backpack with enough space for ski boots, jacket, goggles, helmet, water, snack.
- Water bottle to take up to the slopes.
- High-factor sun cream.
- Ski repair material (Yellow and red wax, file, etc.). *

* Not necessary for participants in All-Round Camps

** For participants in All-Round Camps no need for racing models. Good-quality equipment needed.

Ski Zenit can provide athletes with racing skis and boots (Fischer brand) at a special price. Equipment must be ordered and paid for at least 3 weeks in advance. We can assist you in choosing the most appropriate length, size and model. Athletes who have made purchases will pick up their new equipment at the local Intersport Glacier shop upon arrival. There they can also find ski poles, helmets, goggles and slalom guards with a 10% discount. They also do professional boot fitting.

For our youngest racers we have several pairs of racing skis for rent in different sizes. Limited stock is available so make sure you reserve well in advance.

CLOTHING

- Racing suit (not mandatory).
- Training shorts (not mandatory).
- Training fleece (not mandatory).
- Ski pants.
- Ski jacket.
- Windbreaker.
- Thermal base layers.
- Ski socks.
- Neck warmer.
- Underwear.
- T-shirts for condition training.
- Sport pants and sweater.
- Street clothes.
- Sport shoes (trail-running type).
- Soap and shampoo.
- Bathing suit.
- Suitcase with wheels (pedestrian town).

INSURANCE

All athletes participating in the Camp **must have current ski accident insurance valid in Switzerland** covering at least civil liability, rescue on the slopes including helicopter, medical treatment and repatriation. We recommend insurance which also reimburses you for services unused due to injury (ski pass, training, lodging, etc.). Participants' insurance cards should be given to Ski Zenit leaders upon arrival or a copy can be sent ahead of time.

Switzerland has agreements with EU Member States for medical assistance at public hospitals. In order to take advantage of such agreements, you must have the European Health Insurance Card (EHIC). You need to apply for this card well in advance at your local medical centre.

TRAVEL DOCUMENTS

Switzerland is a member of the Schengen Area meaning that travellers from EU countries which are party to that treaty may enter the country with their identity card. However, **minors must always travel with a passport**. Travellers from other countries must check the conditions for entry into Switzerland before embarking on their trip.

TRANSFERS FROM/TO THE AIRPORT

Ski Zenit offers its athletes and their chaperones a transfer service in comfortable mini-buses from/to the Geneva, Zürich, Basel or Milano airports.

Transfer by motorway takes about three hours.

These transfers are organized through a local company with professional drivers. All Airport transfer drivers are able to check-in all young athletes travelling alone.

ARRIVAL TO SAAS-FEE BY PUBLIC TRANSPORT

Convenient train service is available from the Zurich, Geneva and Basel airports to the town of Visp taking about 2 hours and 45 minutes. From the Visp train station you must take a bus to Saas-Fee (one bus per hour) which takes about 45 minutes. You can purchase both legs of the trip on a single ticket.

The trip from the Milano Malpensa airport takes about the same amount of time. From the airport, you need to take a bus to the Domodossola train station (bookings through www.comazzi.it). There you take the train to Visp. Depending on which train you take, sometimes you may need to change trains in Brig.

From the Visp train station you take a direct bus or taxi to Saas-Fee (40 mins).

For further information see www.sbb.ch