



## Important General Information

### SKI ZENIT

Zenit Ski Racing is devoted to ski racers of all ages and nationalities offering the highest quality in ski race training.

Our training methods and expertise in technical and physical conditioning for alpine skiing are the result of many years of experience working with athletes at all levels, from the most basic to high performance.

Ski Zenit's coaching staff is formed by a group of experienced professionals that are always seeking the best training possible. In our team we utilise experienced race coaches and very highly qualified ski instructors. This allows us to provide our more advanced athletes with very specialized tactical and technical training and our less experienced ones with deep reinforcement of their technical foundations and tactical basic knowledge.



## BOOKING

Places in each week of the camps are limited, so early booking is highly recommended to ensure you can reserve the places you require.

All bookings must be done through our website ([www.skiracingcamps.ch](http://www.skiracingcamps.ch)) or by email to: [info@skizenit.ch](mailto:info@skizenit.ch). When booking ski training with us it is very important that we are provided with enough information about each athlete via our online booking form which includes the following:

- Personal information (Name, contact details and date of birth)
- Languages spoken
- Skiing skills
- Racing experience
- Physical condition
- Allergies or food intolerances
- Illness or physical limitations
- Brand, model and length of skis and boots to bring to the training
- Skiing videos

Our booking personnel will provide you with all information needed in order to attend the camp and send you an invoice for the total cost.

First 50% of the invoice must be paid within 10 days in order to confirm the booking and secure the place. The remainder of the invoice must be paid before arrival.

Please read carefully our General Terms and Conditions before booking.

Feel free to enquire about accommodation in a variety of hotels and apartments or about airport shuttles if you require these.

## 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 any athlete to enjoy and have productive training.



## SAAS-FEE. THE SKI AREA ON THE GLACIER

The Saas-Fee glacier, where the camps are held, is at an altitude of between 3200 and 3600 metres. It has four T-bar drag lifts 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.



## IN THE EVENT THAT GLACIER IS CLOSED AND REST DAYS

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

For athletes attending consecutive weeks, rest days are programmed into the schedule. During these rest days, enjoyable recovery activities are participated in. Camps include 5 days of ski training per week (weather permitting).

## LODGING AT THE SKI ZENIT HOTEL

We offer single, double, triple and quadruple bed rooms, all with a private bathroom. The hotel is a 4 minute walk from the town centre and 7 minutes to the lift (cable car).

The hotel has a restaurant, refreshment bar, living room, wi-fi and a ski room. Rooms are cleaned and sheets and towels changed once per 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.



## 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 on 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 sufficient and must include fruits and vegetables. Our ski camps include instruction on healthy eating habits.

## SKI TRAINING EQUIPMENT

- Race-quality ski boots with appropriate size and flex index.
- GS skis in appropriate length and with good edges and bases.
- SL skis in appropriate length and with good edges and base (starting from age 11).
- GS ski poles
- SL ski poles with slalom handguards (starting from age 12).
- Slalom shin guards protection (starting from age 11).
- Good quality helmet approved for ski racing.
- Slalom chin guard (starting from age 12).
- Back protection.
- Sun goggles.
- Low light/ 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.
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Ski Zenit can provide athletes with Fischer race skis and boots 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 offer professional boot fitting and ski tuning with the most modern machine.

For our younger racers we have several pairs of race 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 when using race suit.
- Training windbreaker jacket
- Ski long pants.
- Ski warm jacket.
- Thermal base layers.
- Ski socks.
- Neck warmer.
- Underwear.
- Tee-shirts for condition training.
- Sport pants and sweater.
- Street clothes.
- Sport shoes for running
- 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 card copies 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 in the EU.

## 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 valid 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 Milan 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 traveling 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 (two buses 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](http://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 to Saas-Fee.

For further information see [www.sbb.ch](http://www.sbb.ch).

