

Come ski this summer at the Haig Glacier with Dasha and Ivan!

July 24-27



Join us for a unique opportunity to make substantial improvements and gain technical, mental and waxing edge on the competition. Spend 4 days skiing and learning from the Olympians how to ski better and faster, and let us to help you set training goals for the fall and winter.

For who: 35+ yrs old, intermediate to expert level

When: **July 24-27**

Where: Haig Glacier (meet in Canmore)

Price: **\$ 1600.00** / person, 50% deposit on booking. Non-refundable

For info or questions please contact Dasha:

403.679.1699

skidash@gmail.com

CAMP DETAILS - what's included

- ▶ Helicopter flights in and out of the glacier
- ▶ Daily trails grooming for skate and classic
- ▶ 4 days of on-snow practice with individual video technique analysis and 1 on 1 instruction
- ▶ 10 participants - small group, highly customized
- ▶ Pre- and after- camp follow-up
- ▶ Individual goal setting and winter race schedule planning sessions
- ▶ All meals cooked by the camp staff
- ▶ Accommodation in the Haig Glacier camp-style hut
- ▶ An opportunity to test new Rossignol and Fisher skis and Swix poles / wax.
- ▶ Racing and training skis- waxing clinic by Graham Maclean, one of the head wax technicians for Team Canada at 2006, 2010 and 2014 Olympics.
- ▶ Daily skis waxing by Graham Maclean
- ▶ Optional transfer Calgary to Canmore and back

CAMP SCHEDULE

Friday, July 24

Helicopter flight into the glacier in the morning, followed by a 2-3hr ski. Objective: get used to the snow and altitude.

Lunch at the camp, shower, unpack and settle in

Afternoon ski waxing clinic and discussion with Graham

Dinner and individual goal setting meetings

Saturday, July 25

Breakfast and hike 45mins from the camp to ski

2-3 hours of skiing - focus on video and technique

Lunch at the camp, shower, nap

Ski-specific stretching session

Guided fishing trip to Maude Lake or hiking around the glacier

Dinner and chat with Ivan and Dasha - lessons from the World Cup

Individual meetings, video technique analysis, etc.

Sunday, July 26

Breakfast and hike 45mins to ski

2-3 hours of skiing, focus on video and individual technique

Lunch at the camp, shower, nap

Ski-specific stretching session

Guided fishing trip to Maude Lake or hiking around the glacier

Dinner and discussion with Ivan and Dasha - winter racing planning

Individual meetings, video technique analysis, etc.

Monday, July 27

Breakfast, pack the luggage, then hike to ski

1-3 hours of skiing, plan for a fun ski sprint relay

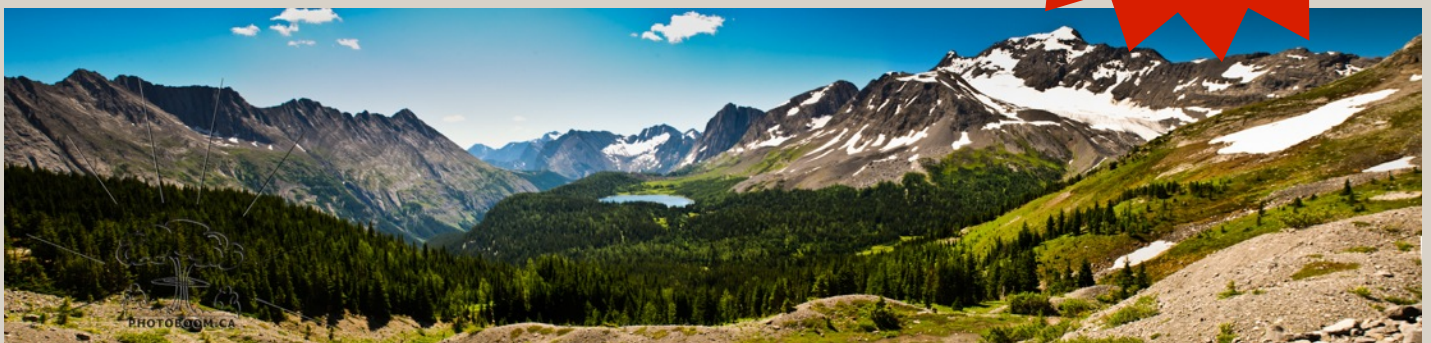
Get in the helicopter and fly out late in the morning

Pick up bags and drive back to Canmore / home

Wednesday - Thursday, July 29-30

Individual phone follow-ups and feedback

This is a once-in-a-lifetime opportunity! Don't miss the chance to learn from the best.



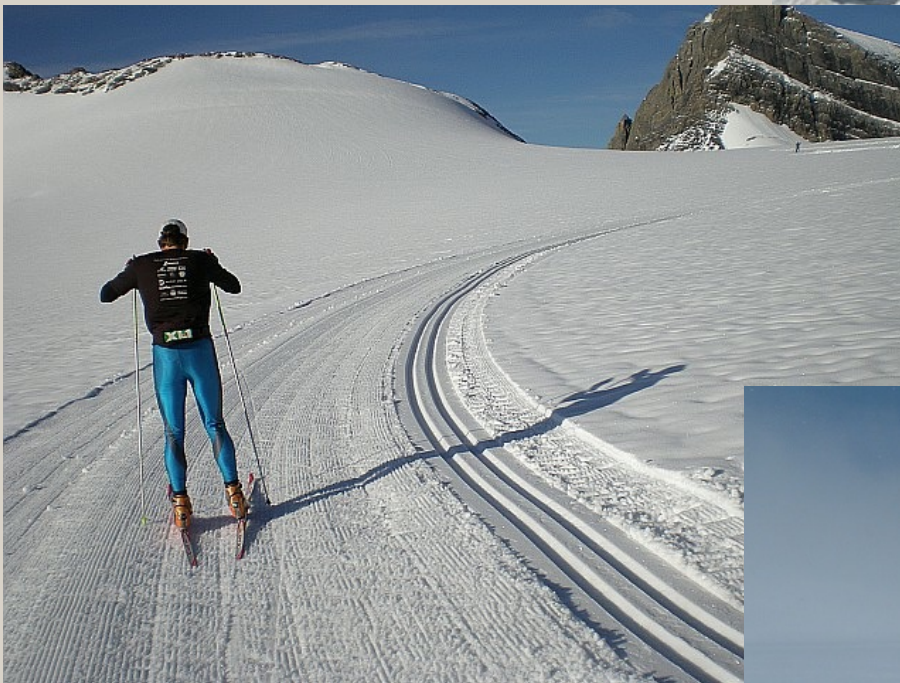
ABOUT HAIG GLACIER

The Haig Glacier seasonal training camp is located in Peter Lougheed Provincial Park in Alberta. WinSport has been operating the camp since 1989, providing snow skiing for Canada's elite cross country ski athletes in the summer months.

The camp consists of the sleeping hut (bring your own sleeping bag and pillow), training hut (stretching area and strength equipment) and cooking hut (commercial kitchen, dining and living areas). There is a solar-powered hot shower, electric outlets and satellite internet available. There is no cellphone reception at the camp. For skiing, athletes hike up the ridge along Mount Jelicoe to reach the Glacier at just over 2700 meters. A propane powered snow cat grooms a ski track on the Haig Glacier which allows the athletes to train in both classic and free techniques.

WinSport works hard to ensure that the environmental impact of the camp is as small as possible. WinSport adheres to strict guidelines for environmental safety including:

- ▶ Solar power used for powering buildings
- ▶ Propane for heating building and water
- ▶ Propane outhouses to burn human waste
- ▶ 5 step grey water filtration
- ▶ All reusable materials recycled
- ▶ All garbage flown out





MEET YOUR DREAM TEAM



DASHA

Member of the National Ski Team since 2003, I have represented Canada team at numerous World Cups, World Ski Championships and 2010 and 2014 Olympics. Consistently a top-30 finisher on the World Cup circuit, I have won 2 World Cup medals and was ranked 17th best on the overall 2013 FIS World Cup sprint list. I have retired from ski racing in June 2014 and enjoyed coaching a small group of highly competitive adult skiers this past winter in Calgary and Canmore. Currently, I am enrolled in an MBA program at HEC Montréal University and expect to graduate in May 2016. In my free time next winter I plan on coaching an adult ski group around Montreal.

Dasha, thank you for your coaching. I believe I have improved, especially in gaining some confidence. Merci beaucoup pour ton temps, tes conseils et d'avoir etais notre entraineur perso pour ces quelques mois. Ca a ete un honneur et une fierte de skier a tes cotes. - Xavier Henry



IVAN

Member of the 2006 Olympic Team racing for Russia, and member of the 2010 and 2014 Olympic Canadian Teams, Ivan is a true veteran of the World Cup racing circuit. There is currently not a single actively competitive skier in Canada with more years of international racing experience than Ivan. Winner of the 2009 Tour de Ski final mountain stage and widely recognized as one of the toughest competitors and strongest climbers in the World, Ivan also knows what it takes to coach. In his spare time he volunteer s coaching children's at the Canmore Nordic Ski club.



GRAHAM

One of the National Team head waxing staff for thirteen years, including 3 Olympics, Paralympics, World Championships and the World Cup circuit, Graham is currently working with the BC Ski Team and Team Canada. He also works with Fisher skis and Swix wax.