

Haig Glacier –Summer XC Ski Camp with Matt Liebsch July 27st – Aug. 3rd ~ for Masters, Seniors and Juniors ~



Join coach and elite athlete Matt Liebsch for a week of hiking and summer skiing on Haig Glacier in the Canadian Rockies.

- This has been a great camp the last 3 summers... summary, pictures and video can be found here... <http://www.skinnyski.com/training/display.asp?id=23392> and here <https://www.youtube.com/watch?v=AiEL6ciO09s> We have had athletes ages 16-65.
- The daily routine includes: early breakfast, hike 45 minutes up to the glacier, ski on fresh piston-bulley 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, repeat.
- The camp fees include grooming, helicopter transport of your gear up the mountain, 3 hearty meals prepared by camp staff, 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, weather dependant.



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:** \$1500 before June 1st, \$1600 after (for groups of 4+ or HS/College athletes contact Matt Liebsch for group/team/club rates)
 - Helicopter transport of your gear up to camp and the glacier
 - All food and lodging while up at the camp
 - 7 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)
 - Supervised 3+ hr group hike into and out the camp
- **Extra Fees Required:**
 - **Transportation to Canmore, AL.** Last year we offered ground transport from Minneapolis. That could still be an option, please contact Matt Liebsch for details. Most will be flying into Calgary and sharing rental car cost for the week. Airfare is around \$500-\$600. Mileage tickets are 40-50k on Delta.
 - Food money while in transit
 - Emergency funds of \$250 in the instance where the hike in may be closed due to bear activity. If the park rangers close the trail we pay for a helicopter ride up to camp.
 - 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 Sunday night before we start camp on Monday 7/27. On the backside of camp, Monday night 8/3 (those flying home usually stay at a Calgary airport hotel and fly home Tuesday and those driving home start Monday afternoon). Also, rental car/transport to the Canmore area from the Calgary airport is 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 in early or staying late to this trip to allow time to check out the Banff/Canadian Rockies
- **Skier Selection for Trip:**
 - The athlete must be in High School, College, Senior or Master level and must demonstrate appropriate maturity
 - The athlete must be in good physical condition and able to hike 3+ hours at a moderate pace, and be able to ski at altitudes near 8500'.
- **Contact and additional details:**
 - Coach **Matt Liebsch** 952-473-0377 liebsch@gearwest.com Please contact me for additional information. If you have any level of interest, I would be happy to answer any questions.
 - We will attend backcountry training at 9am on Monday morning at the Canmore Nordic Center before hiking into the Haig late morning. Those flying in should arrive Sunday. Those driving will leave Saturday morning, stop, then finish the drive Sunday midday. For departure, we leave the Haig noon Monday the 28th. Those driving will leave Monday afternoon and arrive back to the Midwest Tuesday evening. Those flying should schedule flights out of Calgary either late Monday night or Tuesday.