

# Haig Glacier–Summer XC Ski Camp w World Cup skier Matt Liebsch June 27 – July 4 ~ 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 has been a great camp the last 4 summers... summary and pictures can be found here... <http://www.skinnyski.com/training/display.asp?id=23392>. We've had athletes ages 16-70.
- 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 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 dependant 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: \$1400 before May 31<sup>th</sup>, \$1475 after (for groups of 4 or more contact Matt Liebsch for team/club/group 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 or Duluth. 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 \$500 currently. Mileage tickets are 29.5k 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 6/27. On the backside of camp, Monday night July 4<sup>th</sup>, those flying home usually stay at a Calgary airport hotel and fly home Tuesday morning 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 early or staying late to 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 3+ hours at a moderate pace, and be able to ski at altitudes near 8500'. Fun is the goal on this trip 😊
- Contact and additional details:
  - Coach **Matt Liebsch** 952-473-0377 [liebsch@gearwest.com](mailto: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 the at the Canmore Nordic Center before hiking into the Haig later that morning. Those flying in should arrive Sunday. Those driving will leave Saturday morning, stop in MT, then finish the drive Sunday midday. For departure, we leave the Haig Monday morning the 4<sup>th</sup>. 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 or Tuesday.