



**Bravo**, your Child has decided to participate in the next ski-snowboard camp. Here you will find all the information about the organization of the upcoming trip. Included is also a list of clothing and other essential items that we recommend to pack in for your child to bring along,

### **The Lodge**

The name of the cabin is **Granlibaken lodge**.

They cater to groups and individuals all year long. Children are divided into rooms by gender. Boys and girls have separate bathrooms and will be monitored to insure proper hygiene.

**Important:** We ask that the children demonstrate appropriate behavior so that everyone can enjoy a safe environment and an enjoyable experience. This includes but is not limited to:

- cleaning up after oneself
- leaving places as clean as one found it
- respecting quiet time after 9:00pm
- keeping clothing and belongings in bags or on the bed, not on the floor
- cleaning up after meals, etc...

We also ask that every camper shows respect to everyone in the camp, boys and girls, Lycee staff and Lodge staff. We will not tolerate inappropriate language (In English or French) to anyone during the trip or at the Lodge.

In cases where the behavior of a student compromises the safe running of the camp, and after further attempts to resolve the matter with the student and parents, the student will be expelled from the field trip and it will be the parents' responsibility to provide for their return home (including any associated costs).

### **Daily organization**

#### **Monday Feb 17**

- 8:00: San Francisco Departure from Ortega campus, parking on 20<sup>th</sup> Ave.
- 8:30 : Stop at Sports Basement Presidio to load all si and snowboards rental equipment
- 12:00: Arrival at Granlibakken
- 12:30 Lunch at the cafeteria . Please provide a lunch bag for your child
- 1:00: Gathering in the main room ,briefing about organization of the snow camp.
- 1:30: Sledding and games on the Granlibakken slope.
- 5;00: hot chocolate, and sign up for Pool , Jacuzzi/sauna or games in the common room
- 7:00: Dinner.
- 8:00: Board games in common room.
- 9:00: Bed time.

#### **Wednesday and Thursday**

- 7:15 Wake up.
- 7:45: Breakfast.
- 8:30: Shuttle to Squaw or Alpine (20mn).
- 9:00: Morning ski or snowboarding practice supervised by chaperons.
- 12:00: Lunch at the resort.
- 1:00: Ski or Snowboarding practice with the chaperons.
- 4:00: Shuttle back to the Lodge.
- 4:30: Shower, hot chocolate, recess in living room, or pool activity and Jacuzzi.
- 7:00: Dinner.
- 8:00: Evening games, showing of the video taken during the day.
- 9:00: Bed time.

#### **Friday, feb 21**

Morning: kids can choose to ski or ride with friends supervised by the chaperons.

Afternoon: afternoon session with friends supervised by chaperons

4:30: Loading of luggage and departure from Granlibakken.

**20: 30 Arrival at the Lycée Ortega campus (if there are any signs of delay, you will be contacted through student messenger app).**

**Please note that there is a dance on Thursday evening in the lodge.**

**This year , the bus company who shuttles us from Tahoe city to Squaw Valley every day will also be used for the transfer from San Francisco to Tahoe. This 24 passenger bus is optimized for winter driving. The driver has a long experience of driving in winter conditions with chains . The luggage, ski and snowboard equipment will be loaded in a trailer. We will also be using three all-wheel drive cars driven by LFSF staff: William Desmole, Alix Desmole, Frank Wittke. Kids will be dispatched by age and preference.**

### **Ski and snowboarding :**

**Students choose to practice skiing or snowboarding but not both for the duration of the trip.**

We will be able to accept complete beginners only for skiing but not for snowboarding. Because ski school lessons are not available at this time we don't have enough chaperons to teach kids that have never tried snowboarding before . We will accept students that are low intermediate ( green level ) to expert ( Black level ) in snowboarding .

**Skiing** is easier during the first few days, because there is no difficulty to stand balanced with no speed (like standing on a bicycle with training wheels). However, the progression takes longer to reach harder slopes. Skiers fall less often but equipment is stiffer, heavier and cumbersome.

**Snowboarding** is harder during the first days, because balance is very difficult at low speed (like standing on a bicycle with no training wheels). Riders fall more often on their wrists and on their backsides. However, progression is faster and reaching harder slopes by sliding them is easier. It's more tiring to get up from the ground and going around on a flat surface. Moving uphill is more cumbersome (unclick the back foot and push with the free foot like on a scooter). The equipment is however, more comfortable, lighter and less cumbersome.

NOTE: Unfortunately, while snowboarding, wrists are easily sprained or fractured during a forward or backward fall. We will provide wrist guards specifically made for snowboarding and we will require that students wear them every day. Furthermore, if the child has "thin" wrists or if their strength/weight ratio is not favorable, we discourage snowboarding and encourage skiing as it is safer in the first days of practice. Finally, Helmets are mandatory for skiing and snowboarding, you may rent it along with the equipment.

Students are placed according to their skiing or snowboarding ability: white ( beginners skiers) ,Green (intermediate), Blue (high intermediate), Red (advanced), Black (expert). On the slopes, they are supervised by chaperons in the morning and in the afternoon.

During the session , the adult chaperon will teach new skills and propose various exercises to improve the skills already mastered. Examples of specific exercises for skiing include snowplow, "stem" turns, parallel turns, "brake turns", jumps and carving. For snowboarding: sliding turns, heel side and toe side slides, jump turns, switch riding and jumps. Appropriate runs are chosen based on the instructors' goal and to expand each student's abilities. Class might also include practice in the snow park and in the half-pipe, jumps and drops, powder runs etc...

**Safety:** At all times, students must ride behind their chaperon, and be able to see them. The adult monitors his group constantly pointing out checkpoints on the trail and directions to the chairlift to be ridden next. At times, the chaperon may ask a specific student to lead the group and stay behind to observe and to help students that might need special attention. Everyday, we film 2 or 3 groups during their session We'll show the video during the evening activity.

***In case of an accident, students are under the care of the ski patrol and taken in sleds if necessary to the first aid station. A copy of the emergency forms with the cellular phone numbers of the adult chaperons will be left there, so medical staff can take emergency decisions if needed. One of the chaperons will always be available to assist any student in need of help.***

### **Ski or Snowboard rental**

As stated in our earlier communications, we have changed Snow Camp location. Due to this change, the responsibility to hire and rent the equipment for your child will be yours. We have successfully worked with Sports Basement to offer our families a discount on ski or snowboard package rentals. Please go online at [Sportsbasement.com](http://Sportsbasement.com) and make your reservation. You must enter the code: lycee10 at checkout to receive the discount. The basic junior package is recommended

We recommend that you do this as soon as possible. We have arranged with sports basement that we will pick up the equipment on the day of departure , Monday feb 21 at 8:30 at the Presidion store with the bus on our way to tahoe. Please book the 4-5 -day option from feb17 to feb 22. You will have to return the equipment on your on Saturday feb 22. You also have the option of renting longer at the nominal rate. If you encounter any difficulties, please let us know at our **Snow Camp meeting on Thursday Feb 6 at 6pm @ Ortega campus.**

Please don't forget to obtain a helmet and to put a sticker with your child's name on every piece of equipment (skis or snowboard, boots, poles, helmet) that they will be bringing with them. We also suggest writing your child's name on the name tags of their clothing and other belongings.

**If you need further information, please feel free to contact Frank (415-706-1307 or [fwittke@lelycee.org](mailto:fwittke@lelycee.org))**