

# NORGE



Lillehammer Olympic  
Legacy Sports Centre



## Lillehammer Para Nordic skiing camp 2021

22nd – 28th of November 2021

### Draft program

#### Monday

- 15:00 – 17:00: Check in and registration
- 17:00 – 18:00: Info-meeting about the camp
- 18:00 – 19:00: Dinner
- 20:30 – 21:30: Social activities for the athletes
- 20:30 – 21:30: Coaches meeting

#### Tuesday-Friday

- 07:30 – 08:30 Breakfast
- 10:00 – 12:00: Physical session
- 12:30 – 13:00: Lunch
- 15:00 – 17:00: Physical session/Seminars
- 18:00 – 19:30: Dinner
- 20:00 – 21:30: Coaches meeting
- 20:00 – 21:30: Social activities for athletes

#### Friday/Saturday-Sunday

Cross- Country Competition days. More information will follow.

- Top instructors and coaches
- Interesting lectures for both athletes and coaches every day (based on input from the participants)
- During the course of the week, we will be visited by different personalities who will share their tips, tricks and experiences, to help participants on the road to being the best possible athlete/coach that each can be.

#### **PRACTICAL INFORMATION**

- Participants: Targeted to «Heroes of tomorrow»-athletes and their coaches inside Para Cross Country skiing and Para Biathlon. (Not top athletes, not beginners). The athletes should be 15 years and older.
- Accommodation: Participants will be accommodated in apartments at the Birkebeineren Hotel & Apartments. Each apartment sleeps six participants.
- Dinner: All meals (breakfast, lunch, dinner) will be served in the dining room at Birkebeineren Hotel.
- Transport: Each individual participant arranges and pays for their own transport to and from Lillehammer. Once in Lillehammer, the transport is organized by the camp-crew. Additional transportation costs will occur at the competition days.

#### **PRICE AND PAYMENT INFORMATION**

- Cost per participant 450 €
- Covers all training, meals, accommodation and transport in Lillehammer.
- Payment is due two weeks after the participant's registration is confirmed

#### **REGISTRATION**

- Please find registration form here: <https://forms.office.com/r/KbAgXfTUcy>
- Registration deadline: 17th of September
- Registrations are registered on a continual basis and confirmed by e-mail with payment information
- Maximum number of participants are 30. We want to have a good mix between standing, sitting and vision impaired athletes.
- Registration is binding

#### **CAMP ORGANIZATION**

- Lillehammer Olympic Legacy Sports Centre, the Norwegian Ski Federation and the Norwegian Biathlon Association will together with World Para Nordic skiing organize the camp. The goal with the camp is to share knowledge, create new friendships across nations and to develop the Para Nordic skiing sport in general.
- There will be night guard supervision of the apartments in the evenings. Participants are expected to be in the apartment by 10 pm at latest.
- Norwegian Sports federation guidelines are followed. Strictly no alcohol is permitted during the Lillehammer Para Nordic skiing camp 2021.

#### **COVID-19 CONSIDERATIONS**

A final confirmation about the camp will be taken in the end of September. This will depend on the regulations by the Norwegian Authorities.

#### **About the Lillehammer Olympic Legacy Sport Center**

Lillehammer Olympic Legacy Sport Centre aims to give young athletes, coaches & leaders the possibility to develop their skills inside wintersports. The center is located in Lillehammer and was established after the Youth Olympics in Lillehammer 2016.

#### **Contact**

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