



Lillehammer Olympic
Legacy Sports Centre



Lillehammer Olympic Legacy Sports Centre
and Norwegian Ski Federation presents:



Lillehammer International Nordic Combined Camp 2020 for woman

9th-13th of September 2020*

**The final decision to run the camp or not will be taken the
10th of August due to the current Covid 19 regulations.*

THE CAMP EXPERIENCE

For athletes: Ski jumping (at Lysgaardsbakken), motor skills Nordic Combined, roller ski workout, sessions with top athletes, nutrition, Olympic values workshops and team-work sessions.

For coaches: One dedicated session for coaches each day with following themes: Adapted training for girls during puberty, unexplained underperformance syndrome and the development of female Nordic Combined in Norway.

During the course of the week, we will be visited by different sports 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.

PROGRAM

Wednesday, September 9th

- Check in from 3:00 p.m.
- Practical Camp information for all participants at 6:00 p.m.

Thursday 10th–Saturday 12th of September

- Training (two sessions each day)
- Educational program in the afternoon/evening
- Social activities for the athletes every evening

Sunday, September 13th

- Check-out and departure from the hotel
- Possible to attend a national nordic combined competition in Lillehammer

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PRACTICAL INFORMATION

- **Age group:** From 15 years and older (Born 2005)
- **Accommodation:** Participants will be accommodated at the Birkebeineren Hotel & Apartments, which is located inside the Olympic Park.
- **Food:** All meals (breakfast, lunch, dinner) will be served at Birkebeineren Hotel.
- **Transport:** Each individual participant arranges and pays for their own transport to and from Lillehammer. Once in Lillehammer, there is no need for additional transportation, all Camp activities are within walking distance.
- **Covid 19:** As you understand, it's too early to say how the virus-situation will be in Norway/Europe in September. We will follow the Coronavirus development closely, and make a decision about the camp in the early August. There will be no payment before we can confirm that the camp can be organized, and the registration will before this date be noncommittal. We will during the camp strictly follow the Covid 19 regulations and guidelines from FIS and the local authorities in Norway.

PRICE AND PAYMENT INFORMATION

- Cost per participant 2,000 NOK / 200 €
- Covers all training, meals, accommodation and camp t-shirt.
- Payment is due two weeks after final confirmation of the camp.
- Each nation must consider the risk of your country Covid 19 situation when the camp is organized (no refund).

REGISTRATION

- Please find registration form here: <https://bit.ly/3dEYcXK>
- Registration deadline: 7th August
- Maximum number of participants(athletes): 30. Our aim is to include as many nations as possible, and we will with more than 30 signed up athletes emphasize participants from different nations.
- Questions? Contact us: pererik.maehlum@olympiatoppen.no

CAMP ORGANIZATION

- The Lillehammer International Nordic Combined Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Ski federation.
- Norwegian Ski Federation guidelines are followed. Strictly no alcohol is permitted during the Lillehammer International Nordic Combined Camp.

About the Lillehammer Olympic Legacy Sport Center

Lillehammer Olympic Legacy Sport Center 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.