

Trip Sheet  
GS/SL Fall Camp  
Zermatt Switzerland  
September 28-October 09

Zermatt is one of the most famous villages in the Alps accessed only by train. The training and free skiing is typically some of the best of our training season, snow usually is firm winter conditions due to the high altitude. Also due to the high altitude, the glacier can close due to high winds. On average we lose just less than a day. Although this is a great training opportunity, it is a once in a lifetime euro ski training experience. Athletes will be imbedded with World Cup athletes and world class juniors.

In addition, athletes will get to spend the day in DC on the way to Europe.

**Payment**

If you think you are attending please respond by 8/1. Send payment by check on or before 9/1. Checks will be deposited on about 9/20: payable to **Mark Norton** and mail to **PO Box 4086 , Stateline NV 89449**

**Full Price:** includes Housing, Ground Transportation (ride to sfo and back and train), ski tickets, Coaching. (air travel, meals, some activities and entertainment are out of pocket)

**\$1585 per athlete**

**Training Only Price:** includes ski tickets, glacier/training access and coaching only

**\$985 per athlete**

(the mountain is open so parents can buy tickets at the window )

All ages welcome, U12's and younger should travel and house with parents.

## Travel

### Coaches will be on:

Day, Date	Flight Class	Departure City and Time	Arrival City and Time	Aircraft	Meal
Thu, 28SEP17	UA697X	SAN FRANCISCO, CA (SFO) 11:50 PM	WASHINGTON, DC (IAD - DULLES) 7:55 AM (29SEP)	737-900	Purchase
Fri, 29SEP17	UA52 X	WASHINGTON, DC (IAD - DULLES) 5:50 PM	ZURICH, SWITZERLAND (ZRH) 8:05 AM (30SEP)	767-400	Dinner

### FLIGHT INFORMATION

Day, Date	Flight Class	Departure City and Time	Arrival City and Time	Aircraft	Meal
Mon, 09OCT17	UA53 XN	ZURICH, SWITZERLAND (ZRH) 11:55 AM	WASHINGTON, DC (IAD - DULLES) 3:20 PM	767-400	Lunch
Mon, 09OCT17	UA340 XN	WASHINGTON, DC (IAD - DULLES) 5:45 PM	SAN FRANCISCO, CA (SFO) 8:30 PM	737-800	Purchase

Please watch aircraft capacities and hoping R/T will come down to \$980 as last year did.

## Documents

Passports are required, NOTE THEY MUST NOT EXPIRE IN 2017, EVEN AFTER THE TRIP, AIRLINE WILL NOT LET YOU BOARD IN USA. If athletes are traveling with the group we will need a signed letter stating:

“As a parent of John Doe” I give Mark Norton permission to enter Switzerland for the purpose of attending a ski camp located in Zermatt on 9/30-10/09/17.

Note that if the athlete is Border Crossing with just one of their parents, a similar letter may still be required from the parent staying at home.

Those athletes traveling without parents will be required to submit a medical release complete with credit card information unless the athlete has a credit card in their possession. The credit card will be used if medical attention is required since US Insurance is not accepted at time of treatment, most insurance will reimburse for international expenses.

### **Money**

No need for Swiss Francs before you leave if athlete has ATM card. ATM's work fine. Feel free to give money to me to disperse to athlete if you wish. Full Package includes train, room, lift tickets but no meals. Athletes will shop when they get off the train in Zermatt, they will make breakfast, either pack their lunch or buy it on the Italian side of the glacier at a climbing hut and make or buy dinner in town. Beyond hiking and soccer there is a very good climbing park, that activity, if chosen, will be paid by the athlete,

### **Packing**

- \*SL/GS Equipment
- \*Clothes for village temps, 30-65F
- \*Layers for Glacier temps, 10-40F
- \*Sunscreen
- \*Water Bottle
- \*Back Pack
- \*Athletic Shoes
- \*Tuning equipment optional, coaches will have some to use.

### **Communication**

Athletes are welcome to bring phones, coverage is good, check with your provider as you may need to activate the phone for international use.

### **Family Travel**

If parent is traveling with athlete, arrive in Zermatt on the afternoon of 9/30 and depart on the evening of the 8<sup>th</sup> or morning of the 9<sup>th</sup>. The village is only accessed by train so I suggest buying a Swiss transfer ticket with a family card.

<http://www.raileurope.com/rail-tickets-passes/swiss-transfer-ticket/index.html>

### **Group Travel to Zermatt**

The group will fly back to back red eyes to Zurich through Dulles. We will visit the sights and have lunch in DC, stop at airport hotel for a shower and then continue on to Zurich. I have found this is the best way to eliminate jet lag so we are rested for 1<sup>st</sup> day of training.

9/28

1400, Depart South Lake Tahoe.  
2350, SFO-IAD, sleep

9/29

0755, Arrive IAD, baggage is checked all the way through  
0900, Check in to airport hotel room, breakfast in lounge  
0930, Depart for DC  
1500, return to airport hotel  
1750, IAD-ZRH, sleep

9/30

0805, Arrive ZRH  
0930, (approx.) Depart ZRH by train  
1400, Arrive Zermatt, grocery shop and go to Condo

10/1-8

Breakfast in Switzerland, lunch in Italy. Train GS and SL.

10/8

1700, Depart Zermatt by train after practice  
1900, Arrive Brig or ZRH, check into hotel

10/09

0600, Depart Brig or wake up in ZRH  
1155, Depart ZRH  
2030, Arrive SFO  
0100, (10/10) Arrive South Lake Tahoe

### **Group Accommodations**

Athletes and coaches are staying at the Haus Ari Resort, 5 star apartments' steps from the lift. <http://www.ari-resort.ch/en/>. The village has no gas operated cars, it is a walking village. Following afternoon activities, athletes often walk .75 miles to middle of village for dinner or grocery shopping.

### **Family Accommodations**

There are thousands of apartments available, info can be found on [Zermatt.ch](http://Zermatt.ch). I suggest either the Ari or another apartment close to the Valley

Station Matterhorn Glacier Paradise, which is the base of the Gondola we ride, Zermatt-Furi.

If money is not an issue than I suggest the Suite Hotel Zurbriggen. All the amenities across the street from the lift and breakfast is delivered to your room each morning by winner of 42 World Cups and an Olympic Downhill Gold Medalist, Pirmin Zurbriggen. He is a nice guy too!

**First Meeting**

9/30, Ari Resort ski tuning room @ 8pm

**Typical Day**

0645- Wake Up, get ready, eat breakfast in apartment

0745- Meet in Gondola line and maintain your position in line

0800- The gates turn green and off to the races, Italian juniors will try to run you over!

0845- Arrive at the top of the Alps, 12,000 ft. Put your boots on and step onto the snow, ski down to Lane 4, top of the course at about 11,000 ft.

0930, Training session 1

1100- Lunch in Italy, they take credit card or Euros

1200- Training session 2

1400- Head back down to village

1500- Arrive at apartment

1600- Activity (hiking, climbing park, soccer, etc) Video

1800- Dinner/studying

2200- Lights out