



Dear BKL Campers,

Welcome to the 2019 SMS Nordic summer camps! Once again we are looking at 4 super fun days filled with tons of training, activities, knowledge and friendships! We will have a great group, and it will be a fantastic time for all! As a special bonus, we should have guest coaching from some of our SMS T2 team which includes 7 USST members and an Olympic Gold medalist!

As you think about preparing for camp keep your body in mind not just your packing list. To get the most out of camp you should show up healthy, rested and fit. In the weeks leading up to camp try and get out and do some extended 1.5-3 hour hikes, bikes, runs a couple faster shorter workouts and some core work. Then a few days before camp take it easy so you have plenty of energy during your time at SMS.

Key info:

BKL drop off: Monday 8/12 2-2:30pm
BKL pick up: Thursday 8/15 12:30-1pm

Meals: We serve three large meals per day (all you can eat) We can accommodate nearly all dietary restrictions. It is recommended you bring along crumb free bars and snacks to supplement and fuel during longer hikes etc.

Rooming/dorms: Most everyone will have one roommate in the dorms. A few may be in triples. Boys and Girls will be in separate wings of the dorms. Everyone needs to be respectful of each others rooms, privacy and ability to rest and relax.. Please only enter other rooms if you have been invited in by the occupants. Never enter another room if no one is there. There will be at least one adult counselor per floor and a Junior Counselor.

Phones: No phones at training or at meals (in the dining hall or in line at the dining hall) BKL campers can turn in their phones in at 8:45pm check in to their dorm counselor for safe keeping overnight.

Injuries: Please let us right away if you are arriving with an injury or if you think you have been injured during camp.

Activities/Training: We employ a total and complete athlete training philosophy. Our major goals are to excel at skiing but we want to use many sports, modes and activities to get there. Skiers were the first multisport athletes! At camp be prepared for running, bounding with poles, dryland simulation and balance, roller skiing, hiking, strength, agility, swimming, soccer, dodgeball, tag, orienteering, and tons of other fun games! The official training plan will be made closer to camp and remains fluid to best accommodate the weather etc. that week.

Note on roller skiing: We will take you roller skiing on a very safe road. Some of you will already be quite good; others will be trying it for the first time. We know this and it is no problem. We like everyone to try it. If you do not own roller skis, try to borrow some for the camp. If you cannot find any to borrow, we still want you to bring your boots and poles because we can try to help you find some to borrow from another camper. We also have several pair to loan out.

Directions: We are off of Vt. rte 30, approximately 35 miles NW of Brattleboro and 12 miles east of Manchester. Drive to the small town of Bondville (on rte 30) and turn up the Stratton Access Road. At about 4 miles you will get to the base lodge area. Continue straight on the road another mile (this takes you by a bunch of condo's and down a hill). Stratton Mtn. School is on the left, just past the fire station,

Packing List:

- Sleeping bag or sheets and blanket
- Pillow
- Roller skis, boots, poles or (still bring boots and poles if you don't have roller skis)
- Helmet
- Swimsuit and towel
- Toiletries and sunscreen
- 2 pr running shoes (in case 1 gets wet) plus we need clean shoes to use the gym
- Plenty of training clothes, plan ahead by looking at forecast we might need long sleeves and rain coats or maybe just tank tops and shorts!
- Water bottle, holder, hydration pack etc. so you can run, hike, ski with it.
- Bars/workout fuel that don't make a mess.
- Fan (if the forecast is for hot weather)
- Please do not bring money; we will feed you well!