

## **Ski Instructors Training**

This training is designed to provide ski instructors with all the skills they will need to improve their performance. In addition, ski race trainings can be included for those willing to attend entrance exams or international tests such as the Eurotest, the ISIA test or the Test Technique.

Our coaches use ski racing along with various coaching methods to also help skiers who are not racing.

At Zoom Camps we have developed our own coaching methods providing an intuitive, intense and active learning process. Participants also benefit from technical video analysis and theory lessons.

This training is designed for adults with a high ski level who have experience as ski instructors or are aspiring instructors.

### **More information**

Saas-Fee glacier is the best location in Europe for summer skiing due to its size, height and sun exposition. It is not uncommon to be training side by side with the national teams of many countries and world-class professionals.

The town is a pedestrian's paradise surrounded by nature and breathtaking views. It is the ideal location for all types of sports such as hiking, football, volleyball, tennis, skateboarding, golf, basketball, mountain-biking and rock climbing.

In the following information you will find out everything you need to know to participate in the camp:

#### **1. Training Material**

- Quality ski boots
- Quality skis (GS and SL if possible)
- Poles
- Helmet
- Back protection
- Sun goggles
- Fog goggles
- Ski gloves with padded backs
- Rucksack
- Water bottle to take up to the mountain
- High-factor sun cream
- Ski repair material (wax, files..)

## 2. Clothing

- Ski pants
- Ski jacket
- Windbreaker
- Thermal base layers
- Ski socks
- Buff for neck and throat
- Underwear for 6 days
- Tee-shirts for after-ski workouts
- Sweat-suit
- Casual wear
- Running shoes
- Soap and shampoo
- Swimming costume/shorts
- Flip-flops
- Suitcase with wheels (pedestrian only town)

## 3. Travel Documents

Switzerland is a member country of the Schengen Area meaning that travellers from EU countries which are party to that treaty can enter the country with their national identity card. Travellers from other countries will have to find out the conditions for entry into Switzerland before embarking on their trip.

## 4. Insurance

All athletes participating in the Camp **must be covered by current accident insurance valid for Switzerland** covering at least civil liability, rescue on the slopes (including helicopter), medical treatment and repatriation. We also recommend insurance covering hired services (ski pass, training, lodging, etc.). Participants' insurance card should be given to Zoom Camps leaders upon arrival or a copy sent before arrival.

Switzerland has agreements with EU Member States for medical assistance at public hospitals. In order to take advantage of such agreements, you must have the **European Health Card**. You need to apply for this card well in advance at your local health centre.

## 5. Saas-Fee. The Glacier

The Saas-Fee glacier where the camps are held is at an altitude of between 3200 and 3600 metres. It has three T-bars providing access to 3 ski slopes, 5 training slopes and a snow park with a half-pipe and to a ski/boarder cross. In order to access the glacier in summertime, you must take two gondolas and the underground funicular train. The trip takes a total of 35 minutes.

Normally each year, at the beginning of November the vertical skiable area increases by 700 metres adding several more kilometres of slopes.

## **6. Saas-Fee. The Town**

Saas-Fee is a town with pedestrian streets where only certain electric vehicles are allowed. The atmosphere is very quite and clean. The town is surrounded by an impressive landscape of forest and glaciers up to 4400 metres. It has all of the necessary services and provides a variety of sport facilities. These safe and relaxed conditions make it an ideal place for training.

## **7. Hydration, nourishment and sun protection**

Proper water intake is an important factor for any athlete. Athletes taking part in our camps must take special care with the altitude of the glacier and the low relative humidity. For training on the slopes and post-ski workouts, athletes must carry at least half litre of liquid in their training rucksack which must be consumed during the course of the training session.

Quick-energy salty snacks must be brought also to the training (energy bars, nuts, fruit, and sandwiches).

High factor sun cream is needed.

## **8. Physical fitness and preparation**

All athletes taking part in our camps will undergo dry land physical workouts throughout the week. These workouts will be somewhat more demanding for those taking part in race training.

Dry land work focus on recovery from the training sessions and protection against injury. They also seek to improve coordination, balance, agility and flexibility.

Those athletes undertaking a complete pre-season programme with a Zoom Camps coach will have an ongoing physical training programme to follow in all of the sessions with their coach which will continue once they have returned home.

Saas-Fee is the ideal setting for the practice of a wide range of sports and dry land training.

## **9. Timetables and daily routine**

Ski lifts open at 7:00 am in July and August. As from the end of August, the opening time is gradually moved back to 8:30 by the middle of November.

Summer training sessions end at around 12:00. As from the end of August, the finishing time is gradually moved back and by the end of November we train to approximately 2:00 pm.

Training always begins with warm-up exercises and then a few easy runs followed before training. We have a mid session ten minute break to rest, drink and take a snack.

Lunch is always between 1:00 and 3:00 pm; the exact time will depend on the timetable set each day by the coach.

After lunch there is always a rest period until 4 or 4:30 pm, when the dry land training will begin. Dry land training usually last approximately one hour. Afterwards, there is time to rest and take a shower before the theory session, video analysis or equipment maintenance.

Dinner is at approximately 8:00 pm.

#### **10. Alternative activities in the event that the glacier access is closed**

On days in which the ski area is closed to the public due to meteorological or technical reasons, the Zoom Camps coaches organise alternative physical and/or technical activities with the athletes.

A one day ski pass voucher (valid for 2 years) will be given to be discounted from another camp in the future, for every missed ski day.

**Under no circumstances will reimbursement be made for the days in which the ski pass is not used due to causes beyond the control of Zoom Camps.**

#### **11. Transfers from/to the airport**

Zoom Camps offers transfers from/to Milano, Zurich, Basel and Geneva Airports.

This comfortable mini bus transfer is offered to the athletes and their chaperones. The transfer takes approximately three hours.

#### **12. Arrival to Saas-Fee on public transport**

There are comfortable train services from Zurich, Geneva and Basel Airport arriving at Visp. This journey takes approximately 2.5 hours. From Visp train station you take the bus to Saas-Fee which takes 45 minutes. (You can purchase the whole journey with one ticket).

The trip from Milano Airport is the same length. From the airport, you need to take a bus to the Milano Central train station. From there you can take the train to Visp.

For further information see [www.sbb.ch](http://www.sbb.ch)

#### **13. Lodging at Zoom Camps Hotel**

Zoom Camps Hotel is a 3\* hotel located 5 minutes away from the gondola. In our hotel, everything has been thought of to meet and suite the necessities of the athletes, with a well adapted menu, a very familiar ambiance and comfortable rooms. The hotel daily schedule is adapted to the training schedule.