

SOLAB  
TO THE NEXT LEVEL



HIGH-PERFORMANCE  
SL/GS and SPEED  
TRAINING  
Norway, Fonna

03. MAY - 12. JULY 2024



# SPEED TRAINING SCHEDULE



The 7-Day Speed Training Course will include the following:

Arrival/Departure is always on Fridays.

Services included:

- Six days of ski training (technical free skiing, SG and DH)
- 5 hours of training on Snow, which offers 8-12 runs x 75 sec
- The training altitude is only 1'450m above sea level,
- Inclusion of innovative training methods (i.e. Twin Carver)
- Max. 10 racers/coach
- Daily condition training & mental coaching
- Support with ski tuning
- Daily video analysis
- Final report and videos
- Daily transportation to the Glacier
- Transportation from and to Bergen Airport

Important note:

In case the weather conditions do not allow a reasonable speed camp realization, we reserve the right to change from Speed to free/school skiing and/or SL and GS disciplines.

Insurance:

All participants must have accident insurance valid in Europe, covering rescue on the slopes, including helicopter, medical care, and repatriation. We also recommend travel insurance that will reimburse unused services (ski pass, training, accommodation, etc.) in case of injury/illness.



# FEES SPEED CAMP



Based on 10 Athlets	May	June/July
Camp (6 days ski training)	880.00	970.00
Ski Pass (6 days)	192.00	192.00
Hotel (7 nights)	560.00	560.00
Transportation from and to Airport	90.00	90.00
<b>Total EUR</b>	<b>1'722.00</b>	<b>1'812.00</b>

Single Day option	170.00	185.00
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The price includes a training fee, lane fee, ski pass, transportation, and accommodation. It does not include the flight ticket.

\*Please note that the pricing difference is based on the pricing structure of the Fonna Glacier Resort due to the increased lane preparation fees in the warmer months.



# SL/GS TRAINING SCHEDULE



The 7-Day SL/GS Training Course will include the following:

Arrival/Departure is always on Fridays.

Services included:

- Six days of ski training (technical free skiing, SL and GS)
- 5 hours of training on Snow per day (on block or in two blocks)
- The training altitude is only 1'450m above sea level,
- Inclusion of innovative training methods (i.e. Twin Carver)
- Max. 10 racers/coach
- Daily condition training & mental coaching
- Support with Ski Tuning
- Daily video analysis
- Final report and videos
- Daily Transportation to the Glacier
- Transportation from and to Bergen Airport

Insurance:

All participants must have accident insurance valid in Europe, covering rescue on the slopes, including helicopter, medical care, and repatriation. We also recommend travel insurance that will reimburse unused services (ski pass, training, accommodation, etc.) in case of injury/illness.



# FEES SL/GS CAMPS



Based on 10 Athlets	May	June/July
Camp (6 days ski training)	590.00	680.00
Ski Pass (6 days)	192.00	195.00
Hotel (7 nights)	560.00	560.00
Transportation from and to Airport	90.00	90.00
<b>Total EUR</b>	<b>1'432.00</b>	<b>1'525.00</b>

Single Day option	120.00	135.00
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The price includes a training fee, lane fee, ski pass, transportation, and accommodation. It does not include the flight ticket.

\*Please note that the pricing difference is based on the pricing structure of the Fonna Glacier Resort due to the increased lane preparation fees in the warmer months.





# FEES FOR INDEPENDENT TEAMS



Independent teams that book their own training camps with VisitFonna can book independent daily training with Solab.

Solab provides the slope, the course, timing, and video.

Single Day option per Athlete	Mai	June/July
SL/GS	EUR 45.00	EUR 60.00
SPEED	EUR 80.00	EUR 95.00



\*Please note that the pricing difference is based on the pricing structure of the Fonna Glacier Resort due to the increased lane preparation fees in the warmer months.

# BOOKING



You have the following options:

- Option 1: SOLO ATHLETE
  - You want to join a Camp and get training
  - SOLAB organizes hotel, transport, equipment, ski training, integration into a technical or speed team, slope, and condition training.
- Option 2: SMALL TEAM
  - You need support from a coach and the organization of the training and slope.
  - SOLAB organizes hotel, transport, equipment, ski training, integration into a technical or speed team, slope, and condition training.
- Option3: INDEPENDENT TEAM
  - Teams that have booked their SL/GS training directly with VisitFonna want to book individual speed training sessions.
  - SOLAB organizes training and slope



# CONTACT US



To register or if you have any questions, please do not hesitate to contact us.

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