



October Training Camp

Brig, Switzerland 10th-15th of October

An intensive week in preparation for the Swiss cups by Olympic coach Linda van Troyen & Sindra Kriisa and a guest Russian choreographer Nikita Mikhailov.

About the town:

Brig is a picturesque small town in Upper Valais, situated at the foot of the northern slope of the Simplon Pass in the Alps, on the right bank of the Saltine stream. Brig is surrounded by many high Alpine summits. Within the municipality are the summits of the Glishorn, Spitzhorli and Tochuhorn. Brig is located close to the Swiss-Italian borders.



Camp description

Camp is dedicated to ensure an interrupted preparation of the team for the Swiss cups and potential international competitions for the members of the national squad in a focused environment on a private ice. Parents can come, but we encourage the athletes to come alone. The package includes hotel, food, transfers and chaperones. The athletes will be training in a modern, recently built, comfortable arena.

Ice rink location:

iischi arena
Oberer Saltinadamm 84
3900 Brig-Glis
www.iischi-arena.ch



Accommodation:

Olympica Hotel, Brig
<https://www.olympica.ch/>



How to get to:

Brig is easily accessible by SBB trains. There's a direct train from Zurich main station. As Brig is the end station, there's no risk of missing the stop even if your athlete is travelling by him-/herself. Travel time from Zurich main station 2 hours and 9 minutes. The hotel offers a transfer from the Brig station to the hotel.

Accessing the rink from the hotel:

The hotel offers a scheduled transfers to the skating arena fit to our schedule. The service is worry free and uncomplicated. Your child will not be late.

Chaperones:

There will be 1-2 chaperones from the LVT parents for the group, living at the same hotel.

Meal times:

3 meal times are included into the package and are organised by the hotel and the rink. It is also adapted to our schedule.

Price (all inclusive):

750 CHF for 5 days – camp, hotel, food

Ice and Off ice per day:**Daily**

2 on ice sessions 60+90 minutes

2 off ice sessions 40 minutes each

Approximate Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 Breakfast	6:15 Breakfast	6:15 Breakfast	6:15 Breakfast	6:15 Breakfast
6:40 – 7:20 Warm up	6:40 – 7:20 Warm up	6:40 – 7:20 Warm up	6:40 – 7:20 Warm up	6:40 – 7:20 Warm up
7:30 – 8:30 Ice	7:30 – 8:30 Ice	7:30 – 8:30 Ice	7:30 – 8:30 Ice	7:30 – 8:30 Ice
10:00 – 12:00 Patch ice (15CHF per skater)	10:00 – 12:00 Patch ice (15CHF per skater)	10:00 – 12:00 Patch ice (15CHF per skater)	10:00 – 12:00 Patch ice (15CHF per skater)	10:00 – 12:00 Patch ice (15CHF per skater)
11:25 – 12:05 Warm up	11:25 – 12:05 Warm up	11:25 – 12:05 Warm up	11:25 – 12:05 Warm up	11:25 – 12:05 Warm up
12:15 – 13:45 Ice	12:15 – 13:45 Ice	12:15 – 13:45 Ice	12:15 – 13:45 Ice	12:15 – 13:45 Ice
14:00 – 15:00 Lunch	14:00 – 15:00 Lunch	14:00 – 15:00 Lunch	14:00 – 15:00 Lunch	14:00 – 15:00 Lunch
14:00 – 16:30 Patch ice (15CHF per skater)	14:00 – 16:30 Patch ice (15CHF per skater)	14:00 – 16:30 Patch ice (15CHF per skater)	14:00 – 16:30 Patch ice (15CHF per skater)	14:00 – 16:30 Patch ice (15CHF per skater)
18:30 Dinner	18:30 Dinner	18:30 Dinner	18:30 Dinner	18:30 Dinner