

## FIS Training Centre

The FIS Training Centre offers both seasonal and flexible training options for FIS-age athletes pursuing advanced ski racing careers. Athletes can commit to a full season or choose shorter periods (minimum 4 weeks), with training typically running Wednesday to Sunday, aligned with FIS NZ races.

Training groups are organised by ability and racing needs, ensuring optimal development. The programme includes targeted race support at selected FIS events, plus enrichment opportunities such as international guest workshops, training alongside World Cup athletes, and comprehensive video analysis.

Our coaches adapt the weekly schedule to accommodate weather conditions, athlete recovery, and race calendars, creating a comprehensive environment for athletes to refine technical skills and build competitive experience.

### Pre-requisites for these camps:

- Active FIS License 25/26
- Very advanced skier, capable of skiing in all conditions
- High level race experience, FIS / international races, domestic National Champs

### Programme Features:

- Expert on-snow training including race support.
- Workshops with international guests.
- Training alongside World Cup athletes.
- In depth video analysis.
- Wanaka Ski Team jacket which will be provided to you at the information evening the night prior to your programme starting and can be returned on the last day of training. Please note there is a refund of \$100 if your jacket is returned on time.

### Equipment Requirements:

SKIS

Men

	Radius	Ski Length	
Event		ANC Races	FIS / NC / NJC Races

SG	Min 45mt	Min 210cm	Min 205cm
GS	Min 30mt	Min 193cm	Min 188cm
SL	n/a	Min 165cm	Min 165cm*

\*155cm allowed for first year FIS, 2009 YOB

#### Women

Event	Radius	Ski Length	
		ANC Races	FIS / NC / NJC Races
SG	Min 40mt	Min 205cm	Min 200cm
GS	Min 30mt	Min 188cm	Min 183cm
SL	n/a	Min 155cm	Min 155cm

#### PROTECTIONS

Arm guards, shin guards and chin guards for SL training.

We strongly suggest our athletes wear back protection when training. Make sure it is the right fit, athletes should be able to move with no limitation.

#### HELMET

Must carry the FIS stamp "Specifications RH 2013".



#### Training Details:

Season dates: 2 July to 14 September  
 Training Days: 5 days per week, best weather days  
 Price: Season long \$7499  
 Weekly from \$800 (minimum 4 weeks per booking)

#### Daily procedures:

6.30am Weather and training info updated by the coaches  
 8.20am Meet outside of ski patrol in ski boots for activation  
 8.30am Head off with your coach for on snow warm up and morning training session  
 11am Approximate lunch break  
 12-1pm Video analysis and finish for the day

\*These times are only estimates as there will be opportunities to train early on some days and other days will be affected by weather/race schedule/athlete fatigue.

**Coaches: TBC**

**Communication:**

Daily updates, including start times and meeting places, occur via your team WhatsApp group chat. Reports, updates, and newsletters are shared via email.

**Contact:**

Please contact us on [race@cardrona-treblecone.com](mailto:race@cardrona-treblecone.com) for further information or register your interest [here](#).