



## AMBITION TASTER WEEKS (AUTUMN & SPRING) INFO / FAQ's

### Intro

The Ambition Open Taster Weeks aim to give young athletes a chance to take a step-by-step approach to either entry into the sport of alpine ski racing (moving through UK training sessions, UK camps, Indoor EU camps and finally onto snow) OR for existing alpine athletes & parents to sample what it is that we do at Ambition & how we do it.

### Living Options

There are two ways of joining the Taster weeks. Either as a "Live In" athlete whereby skiers are accommodated at the Ambition base in Austria (named Haus Tirol, Leogang) OR they can "Sleep Out" where they stay with their parents for the duration of the camp and join Ambition for the full sporting program but just sleep with a parent elsewhere. We recommend that young athletes who need more 1:1 attention in areas such as bag packing & time-keeping or who are perhaps prone to homesickness, start off as "Sleep Out" athletes for their first camp & start to join the team as a "Live In" on their 2<sup>nd</sup> or subsequent camps.

### Travel

We do not organize flights for the athletes but we do collect "Live In" athletes from the flights listed (to be confirmed via WhatsApp group closer to the timing of each camp & also through our Google Drive documents). On return legs, we will also drop "Live In" athletes off at the airport to either meet and fly with a parent or to travel solo. The flights for each camp are as follows:

### Locations

During the November Taster we will ski at the Kitzsteinhorn Glacier (Kaprun) and possibly at Pass Thurn (Kitzbuhel). During the April Taster we will ski exclusively at Kitzsteinhorn. The Ambition base is located in Leogang (Leogang 91, 5771 Leogang, Austria) and you are welcome to stay nearby and visit the base even if you decide to "Sleep Out".

### Booking

All booking is to be processed through [www.ambitionracing.co.uk](http://www.ambitionracing.co.uk)



## Communications

For “Live In”, we will conduct a meeting each night to discuss the plan for the next day. Athletes who “Sleep Out” are welcome to come to the evening meetings or if staying further away, we will use the Taster Parent WhatsApp group to communicate: [https://chat.whatsapp.com/Dy48GumqgR7CHpgq5hupu2?mode=gi\\_t](https://chat.whatsapp.com/Dy48GumqgR7CHpgq5hupu2?mode=gi_t)

## Example Daily Schedule

These will be different for Autumn & Spring. During the Autumn (November) Taster, we will be running our academic program, whereas in Spring (April), the academic program has finished. A ‘standard’ schedule will look like the below but in April we exchange the academic program for fitness, games, hiking and more!

0600 – Wake up

0615 – Breakfast

0700 – Leave the Ambition base in vehicles

0730 – Arrive at lift in Kaprun / meet Sleep Out athletes.

0830 – 1230 – Ski Training + Lunch on the hill if doing an afternoon ski session.

1330 - 1600 – Ski Training PM session (OR see below)

1430 – 1730 – Academic Program

1900 – Dinner

1945 – Team Meeting / Video where applicable / get skis in vans for the next day

2000 – 2045 – Bed Time (age dependent)



### Staffing

At Haus Tirol we have a full time chef, housemum, teachers & coaches. The exact number of staff present will be decided by the number of athletes attending the camp. During the Autumn Taster the teachers will be present, during the Spring, they will generally not be.

### Athletes

During Ambition Taster Weeks, there may also be a number of Ambition “Team” athletes (and possibly parents) present at the base and in resort. We encourage mixing between the existing team and the “next generation” athletes, as well as parents to get a true idea of how Ambition functions from those already involved. In terms of Taster athletes we limit this to groups of 6-8 athletes per coach and normally to around 16 Taster athletes total per camp.

### Inclusions / Exclusions

The best way to think of this is;

**Live In** = All inclusive with the exception of flights, lift passes & any lunches had away from the base (lift passes will be billed after the camp as prices are dependent on the athletes individual age).

**Sleep Out** = You are paying for everything as per a “Live In” athlete, but just sleeping elsewhere. This option is for athletes who want to fully indulge themselves in all team activity but are not ready to be unsupervised by a parent. If your child would like to have some meals with the team or arrive early and sit at breakfast with the live-ins for example, please just mention so that we can ensure we have the right numbers for the chef!

In both / all cases, please do ensure your child has some pocket money available for either lunches on the hill, snacks, or to purchase extra lip balm / sun cream which, always comes in handy especially in the Spring.

### Kit List

We will send out a kit list prior to the camp to help guide you on what to bring to the Ambition Taster Week

### Cost

For all bookings, please register through the Ambition website where you will find both the “Live In” and “Sleep Out” booking & payment options.

### Contact

For any queries & questions please contact [info@ambitionracing.co.uk](mailto:info@ambitionracing.co.uk) or call +44 7968 664939

With thanks,

*Ambition Racing*