



Lillehammer Olympic Legacy Sports Centre



Lillehammer Olympic Legacy Sports Centre and Norwegian Ski Federation presents:



Lillehammer International Nordic Combined Camp for women – Digital Edition

8th-11th of September 2020

THE CAMP EXPERIENCE

- A daily physical workout
- A daily digital lecture/talk each day at 7 pm
- A daily digital coaches meeting each day at 8.30 pm

*All times in CEST +2 (Oslo-time)

PRACTICAL INFORMATION

- **Age group:** Female athletes and coaches 15 years and older (Born 2005)

PRICE AND PAYMENT INFORMATION

- Due to the COVID 19 situation, we have decided to offer the digital camp for free in 2020.

REGISTRATION*

- Please find registration form here: <https://bit.ly/3aFif7X>
- Registration deadline: September 2th
- Questions? Contact us: pererik.maehlum@olympiatoppen.no

**We have put a big effort into the program and would appreciate that you participate in the whole program if you sign up for the camp.*

CAMP ORGANIZATION

- The Lillehammer International Nordic Combined Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Ski federation.

About the Lillehammer Olympic Legacy Sport Center

Lillehammer Olympic Legacy Sport Centre aims to give young athletes, coaches & leaders the possibility to develop their skills inside wintersports. The center is located in Lillehammer and was established after the Youth Olympics in Lillehammer 2016.

Presenters digital daily lecture:



Tara Geraghty - Moats: Winner of the continental cup in 2019 and 2020, including 15 victories.



Akito Watabe: World champion and Olympic silver medalist with 17 World Cup victories. Winner of the World Cup overall 17/18.



Jens and Einar Oftebro: Both on the Norwegian National team in 2020/2021. Jens won the Junior World Championship in 2020 and had 5 World Cup podiums.



Mikko Kokslie: Former athlete and currently working in the Norwegian Centre of Elite Sports, region Innlandet. In total 7 World Cup victories and 5 medals from the World Championships.



Guro Strøm Solli og Vegard Rasdal: Scientists that will update us on the newest research connected to «the female skier».



Ivar Stuan: Sports Director for the Norwegian National team.



Camilla Aasen Mæland: Nutritionist at the Norwegian Centre of Elite Sports, region Innlandet

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