

# **CAMROSE SKI CLUB AGM**

## **CAMROSE LUGE CLUB 2017/18 ANNUAL REPORT**

The Camrose Natural Luge Club continues to operate via a Learn to Luge (L2L) mode, continuing to slide on a shortened ice track. Lacking both a provincial association as well as out of town competitions, L2L sessions provide the area with the opportunity to experience the challenge of natural luge.

Camrose natural luge is done on an ice track using recreational snow sleds for two reasons. One is the sleds respond quickly to any driving movement compared to sledding on snow, making mastery of the sleds a real challenge for everyone. Second, the driving challenge is never ending by just moving up track to add a little more speed as well as by adding one more corner to the driving route. The final challenge once driving full-track is to do three timed runs with the least amount of time between the fastest and the slowest run – the best consistency I have seen in the 30 second runs on the Camrose luge track is a 0.2 second spread!

In 2017/18 the luge track was iced by early December and survived till the last weekend in March. In that period eight (8) L2L sessions were conducted from 1.5 hour intro's, 5 hour day sessions to a 3-week course via the Augustana PAC. A total of 51 sliders were introduced to natural luge on ice in the 60 hours of instruction carried out in the eight sessions, as well as some additional recreational runs. I estimate 800-1000 runs were made on the track.

Instruction/coaching was provided by David Larson (Level IV NCCP) or Ryan Lindsay (Level I NCCP) with assistant coaching by Daniella Burk (4<sup>th</sup> year AUG student having taken both luge courses).

The most curious L2L session this season was a four-hour one attended by the Nelson's. They are a couple from Washington USA, are certified ski instructors and are two of a group who own the Loup Loup Ski Bowl Resort in NE Washington. They wanted to expand the draw to their ski resort by adding natural luge sled touring on the logging trails above their snow bowl. Having ordered the recreational luge snow sleds from Europe, they were wise enough to realize they had better get some luge sled driving instruction!

A search of google sites re natural luge resulted in them finding only one place in NAM was doing natural luge lessons in 2017/18 – L2L at Camrose, AB, CA! Upon e/ mailing me, they were on a plane to Edmonton, stayed overnight with us and were on the luge track learning braking and driving on our ice track. Armed with their experiences, video they took while sliding, my list of instructional progression and some critical recommendations I had for their operation, they were back home by 6 pm on the 2<sup>nd</sup> day of their L2L trip! [Do a google search re Loup Loup Ski Bowl to see a YouTube video made of the luge-trail-touring they were doing two weeks later!]

Plans are in place for L2L sessions in 2018/19!!!

Dave Larson, Luge Coach