

Lillehammer Olympic Legacy Sports Centre  
and Norwegian Ski Federation presents:



## Lillehammer International Nordic Combined and Ski Jumping Womens Camp 2025

**29th of September - 2th of October**

### THE CAMP EXPERIENCE

**For athletes:** Ski jumping (at Lysgaardsbakken), motor skills Nordic Combined, roller ski workout, sessions with top athletes, nutrition, Olympic values workshops and team-work sessions.

**For coaches:** One dedicated session for coaches each day with following themes: Adapted training for girls during puberty, unexplained underperformance syndrome and the development of female Nordic Combined and Ski Jumping in Norway.

*During the course of the week, we will be visited by different sports personalities who will share their tips, tricks and experiences, to help participants on the road to being the best possible athlete/coach that each can be.*

### PROGRAM (to be confirmed)

#### Monday, September 29th

- Arrival day, check in from 1 p.m.
- Practical Camp information for all participants at 7:00 p.m.

#### Thursday 30th – Wednesday 1th

- Training (two sessions each day).
- Educational program in the afternoon/evening
- Social activities for the athletes every evening
- Closing ceremony Wednesday 1th of October at 7:00 pm

#### Thursday October 2th

- Check-out and departure from the hotel

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#### PRACTICAL INFORMATION

- **Age group:** From 15 years and older (Born 2010)
- **Accommodation:** Participants will be accommodated at the Birkebeineren Hotel & Apartments, which is located inside the Olympic Park.
- **Food:** All meals (breakfast, lunch, dinner) will be served at Birkebeineren Hotel.
- **Transport:** Participants arrange and pay for their own transport to and from Lillehammer.

#### PRICE AND PAYMENT INFORMATION

- Cost per participant: 250 EUR
- Covers all training, meals and accommodation
- Payment is due two weeks after final confirmation of the camp.

#### REGISTRATION

- Please find registration form here: <https://forms.office.com/e/itNtGpX6FA>
- Registration deadline: 25th of August
- Maximum number of participants (athletes): 30. Our aim is to include as many nations as possible, and we will with more than 30 signed-up athletes emphasize participants from different nations.
- Questions? Contact us: [pererik.maehlum@olympiatoppen.no](mailto:pererik.maehlum@olympiatoppen.no) / [linda.svendsrud@olympiaparken.no](mailto:linda.svendsrud@olympiaparken.no)

#### CAMP ORGANIZATION

- The Lillehammer International Nordic Combined Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Ski federation and Olympiaparken.
- Norwegian Ski Federation guidelines are followed. Strictly no alcohol is permitted during the Lillehammer International Camp.

#### 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.