



5th Annual

Alaska Solstice Camp & Midnight Sun Jump-A-Thon

Karl Eid Ski Jumping Complex

June 19th – 25th Anchorage, Alaska

Overview

Join us for the 5th Annual Alaska Solstice Camp. This camp creates a path for athletes and instills skills that are important at all levels. The camp is for athletes ages 5-18 years old and parents are encouraged to attend and experience what Alaska has to offer in the Summer!

Schedule

Camp highlights include:

- On-hill and off-hill activities with an emphasis on fun and skill-building
- Resource sessions for parents and coaches
- A 12-hour jump-a-thon that goes from 1 pm to 1 am
- Alaska swag

Day	Time	Activity
Monday	9am – 11:30pm	Check-in, warm-up, jumping
	12pm – 1pm	Lunch
	1pm – 2pm	Game, balance, agility, imitations
Tuesday	9am – 11:30pm	Warm-up, jumping
	12pm – 1pm	Lunch
	1pm – 2pm	Jumping
	2:30pm – 3:30pm	Parent resource session
Wednesday (summer Solstice)	12pm – 1pm	Lunch
	1pm – 3pm	Jumping
	6 pm – 8pm	Jumping
Thursday	9am – 3pm	Off-hill activity
Friday	9am – 11:30am	Jumping
	12pm – 1pm	Lunch
	6pm – 8pm	65 Meter jump competition
Saturday & Sunday	1pm – 1am	Jump-A-Thon
	8am – 9am	Breakfast & Departure

Coaching

Coaching will be provided on all hills during the week of the camp, and is included in the registration fee.

Registration

Cost: \$300. Including all hills fees, lunch, competition fees, coaching, and a t-shirt.

[Registration form](#)

DEADLINE TO REGISTER IS JUNE 1ST

Competition Format

Friday evenings competition on the K65 will be a traditional structured ski jumping competition. There will be a U16 & U20 class. Fun formatted competition will be held Saturday on the 10, 20, and 40 meter with an exhibition jump competition on the K65 as well.

Jump-A-Thon - Saturday

Schedule of events.

- 1 - 3 PM arrive for warm ups and ski jumping on all hills
- 3 PM start competition on the 10 meter
- 6 - 7 PM short break for food
- 7 – 11:50 PM more jumping
- 11:51 - 12:01 AM Ceremonial Midnight jumps
- Jumping until 1 AM
- 8 AM breakfast at the jumps

Lodging

Anchorage is a large city which has many lodging options. The ski jumps are located on the south east end of town and are about 15 minutes from most key locations (airport, downtown, etc.) Hotels in midtown have been used by past ski jumping families. Airbnb is another great option for lodging. If you have any questions about where to stay, please reach out.

Transportation

Vehicles can be rented from Ted Stevens International airport other good options for vehicle rental is the website Turo. Turo is usually much cheaper than renting from the airport and widely used in Alaska.

Karl Eid Ski Jumps

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On behalf of the Team AK ski jumping and nordic combined

Welcome to Alaska!

Questions: Contact

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