



Teck Kootenay Regional Fall Dryland Camp – Kimberley

At the KIMBERLEY NORDIC CLUB, September 25th-27th, 2015

Time to kick-start the fall season with some roller ski races, circuit training, team bonding, and piles of FUN! Join us at the Kimberley Nordic Club for some great training, fun outdoor activities and sports-related lectures from our special guests.

Location: Kimberley Nordic Club (KNC), at the very end of North Star Drive, 840 North Star Drive, Kimberley

Athletes: This camp is open to skiers aged 8-80, but will focus on the ages of 9-12, and 13-18. Based on the Long Term Athlete Development model, athletes in the Learn to Train, Train to Train and Learn to Compete stages of development will benefit most from this camp. The camp is also open to any interested Masters athletes.

Coaches: Head Coach Graham MacLean, Junior Racing Coach Frank Ackermann, Track Attack Coach Nicole Perrin.

Registration & Cost:

The focus for this camp is FUN, as well as time to bond with your teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or chaperones will be responsible for evening/nighttime supervision.

Registration and payment is on <https://zone4.ca/reg.asp?id=9824>, and the deadline to register is September 23rd. For registration inquiries, please contact frankackermann@me.com

Cost for the camp is \$75 for athletes of all ages. This includes the fees for camping at the KNC lodge and use of the facilities of the Lodge all weekend (bathroom and small kitchen), plus snacks on all days for the athletes, dinner at the KNC lodge on Saturday night, and the cost for our 2 guest lecturers on Friday and Saturday evenings. For parents/guests not registered for the camp, dinner tickets will be available through

zone4.ca at \$20 per person. Everyone will be responsible for his or her own breakfasts, lunches, and dinner on Friday night.

Training and Activity Times:

- Friday: 2:30pm – arrival at KNC Lodge and check-in
 3:00pm – 5:00pm - road bike ride on the Rails to Trails
 5:00pm – 6:00pm – Athlete meeting, followed by circuit-training exercise and fun team-bonding activity
 6:00pm – 7:00pm – guest lecture at the KNC lodge
- Saturday: 7:15am - wake-up activation run
 9:00am – 12:00 carpool to roller-ski venue. Older athletes will compete in skate sprints (Kings Court Format), followed by slow technique-focused skiing (with video analysis); younger athletes/beginners will roller-ski and compete in fun obstacle course on soccer field
 12:00pm – 1:00pm – lunch (on your own)
 1:00pm - 3:00pm – quiet time and rest
 3:30pm - 5:00pm – Ultimate Frisbee game for everyone at Chapman Camp Field
 5:00pm - 6:00pm – lecture at the KNC lodge
 6:00pm – 8:00pm – dinner at the KNC lodge
 8:00pm – 9:00pm – parent and coaches question and answer period/meet and greet
- Sunday: 7:15am – wake-up activation run
 9:00am – 12:00pm - core jam for 30min, followed by the epic Round The Mountain run for older athletes, and Magic Line run for the younger athletes
 12:30pm – lunch and clean-up prior to departure.

What to Bring:

- Training gear – Expect the worst, and be prepared for all conditions – rain jacket & pants, warm layers, several changes of training clothes, 2 pairs of running shoes (one pair that can get wet), skate roller skis (roller-blades preferred for beginners) and poles with roller-ski tips attached, helmet, high-visibility vest or shirt, gloves, elbow and knee pads for beginners, heart rate monitor, water bottle and water bottle holder, road bike, yoga mat for core exercises, hat, sun glasses, sunscreen, camping supplies (i.e. tent, sleeping bag, thermarest, chairs, cooking and eating utensils, etc.), towel, and personal items.
- Comfortable, lounging-around clothing.
- Homework.

Please refrain from bringing any electronic devices for the duration of the camp - there is no Internet access at the Lodge. Games, videos, etc. will not be permitted during the camp.

Other than tents, there might be room for your trailers as well, either in the stadium area of the KNC trails or in the parking lot. Hook-up to electricity is limited (but available) with your own extension cord, but there are no water hook-ups.

For those athletes and parents who don't want to camp, we suggest booking accommodations right next to the KNC lodge at the Inn West/Kirkwood Inn at www.innwestkirkwood.com

See you at the Kimberley Nordic Club Lodge!