



## TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY)

At the KIMBERLEY RIVERSIDE CAMPGROUND  
September 30<sup>th</sup>- October 2<sup>nd</sup>, 2016

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

Location: Kimberley Riverside Campground, just outside of Marysville. See [www.kimberleycampground.com](http://www.kimberleycampground.com) for details of the campground. Special group rates will be given to all attendees by quoting your participation in the “Kimberley Dryland Camp.” Meetings and events will be based out of the shelter in the lower “non-serviced” Day Area. Note, some of the activities on Friday and Saturday will require car-pooling, which will require parent volunteers.

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: Graham MacLean and Frank Ackermann

### 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 all meal times other than Saturday dinner, as well as evening/nighttime supervision.

Registration and payment is on zone4 at <https://zone4.ca>, and the deadline to register is September 27<sup>th</sup>. For registration inquiries, please contact [frankackermann@me.com](mailto:frankackermann@me.com)

Cost for the camp is \$60 for athletes of all ages. This does not include the camping fees at the Riverside Campground, which will need to be booked separately in advance. The fee includes snacks and electrolyte drinks on all days for the athletes, dinner 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 all of their own breakfasts and lunches, as well as dinner on Friday night.

Teck will be awarding athletic T-Shirts to participants ages 9-16 only. T-shirt sizes for this year are unisex: YM, YL, XS, S, M.

## Tentative Training and Activity Times:

- Friday:
- 2:30pm – arrive at Campground and set up your tents/check-in with the coaches
  - 3:00pm – 4:30pm – classic roller ski session for older athletes, some video analysis of roller skiers; volleyball and Frisbee golf for younger athletes
  - 5:00pm – 6:00pm – circuit-training exercises and fun team-bonding activity
  - 6:00pm – 7:00pm – guest lecture at the Campground Shelter
- Saturday:
- 7:30am - wake-up activation run
  - 9:00am – 12:00 carpool to roller-ski venue. Older athletes will compete in skate sprints or time trials depending on the new pavement in town, followed by slow technique-focused skiing and video analysis of skiers not analyzed the day before; 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 - 2:00pm – quiet time and rest
  - 2:00 – 3:30 – obstacle course races for older athletes at McKim School parking lot; Frisbee golf/volleyball for younger athletes
  - 4:00pm - 5:00pm – Ultimate Frisbee game for everyone at Chapman Camp Field
  - 5:30pm - 6:15pm – lecture at the Campground Shelter
  - 6:15pm – 8:00pm – dinner at the Campground Shelter
  - 8:00pm – 9:00pm – campfire stories
- Sunday: 7:15am – wake-up activation run
- 9:00am – 12:00pm - core work-out for 30min, followed by a 20km trail run in the Kimberley Nature Park for older athletes, and Sunflower Hill loop run for the younger athletes
  - 12:00pm – 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, down jackets, 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, classic roller skis for older athletes, helmet, high-visibility vest or shirt, gloves, elbow and knee pads for beginners, heart rate monitor, water bottle and water bottle holder, 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 campground. Electronic games, videos, etc. will not be permitted during the camp.

See you in Kimberley!