



CCO Dryland Training Camp Guidelines

Cross Country Ontario host four dryland camps, one in each district, to provide a high level of training, inspiration and instruction. These camps provide the opportunity for both coaches and athletes alike to come together and share information, training ideas, training partners and friendship in a High Performance focused training atmosphere.

Camp Dates

To be coordinated with the CCO Coach to fit in to the larger CCO District dryland camp schedule.

Coordination/Leadership

The camp should be planned and executed with the assistance of the Ontario Coach. Organizers should also feel free to involve either of the NTDC Head Coach, or the CCC Eastern Coordinator for additional support as appropriate and when they are available. Within the host Club the Camp Leader might want to consider setting up a small organizing committee to assist in the management and coordination of local camp logistics.

Duration

Camp durations can range between two days and five days and are often but not necessarily hosted on or through weekends. Typical summer camps can be longer and run through the week, while camps that occur during school periods will get better attendance when they are shorter (and fewer school days are missed).

Location

Within the district, in reasonable proximity to adequate and safe facilities to run the camp. It is best to minimize transportation time and logistics from an overall efficiency point of view. Trail/field access, and good safe roads for rollerskiing are required. Other activities will also be considered.

Registration

Club will undertake the actual registration of athletes and coaches by assigning an e-mail contact within their club. Help with designing forms, setting program and accessing the CCO website will be available from the Ontario Coach and/or the CCO Administrator. Registration forms will follow a standard CCO format and must include signed CCO code of conduct for all athletes/

coaches, medical & emergency contact information, and signed location waivers if applicable. All volunteers must be club members, or sign in daily on a volunteer sheet to ensure coverage under CCO/CCC liability insurance. Camp will be open to athletes entering the juvenile (Learn to Train) or older category. Athletes must belong to a club, and be involved in a competitive program geared for racing in the Ontario Cup series, or higher level competition. Fees should be kept reasonable to encourage participation. There will be a minimal fee for coaches, if necessary, to offset specific lodging or activity fees. A fee of \$5 per athlete will be collected and paid to CCO to help offset the expenses of the CCO Coach attending. All other revenue generated from hosting the camp will go to the host club.

Accommodation

Club must be able to arrange accommodation for 40-50 participants, and accompanying coaches. Appropriate separation of males/females must also be considered. Camping (showers available), billeting, or other facilities will be considered.

Meals

Club should make arrangements or have adequate volunteers to help provide support for breakfasts/lunches/dinners, depending on the type of accommodations. The menu should be discussed with the CCO coach to ensure the diets of these athletes are met.

Transportation

There must be adequate, safe transportation of the athletes between the accommodation site and/or training sites during the camp. The Camp Leader should ensure that there are sufficient adult drivers available to transport athletes between venues. Under CCO insurance, athletes are not allowed to drive other athletes (21years old??).

Coach Support

Club should encourage the participation of local coach(s) to help run the camp with the assistance of the Camp Leader and the CCO Coach. The host Club should be willing to accept participation from out-of-District coaches traveling with their athletes. The recommended ratio of supervision is 5 athletes to 1 coach. All visiting clubs are STRONGLY encouraged to provide supervision for their own athletes. Attending out-of-District coaches should be assigned meaningful duties to assist in the running of the camp and to provide educational opportunities. Athletes cannot be dropped off and left to host club's supervision for the duration of the camp. These camps are an excellent opportunity for not only the athletes but for coaches and parents to learn from peers and interact within the CCO system and find information to bring home their club and district.

Souvenir Item

If the financial situation allows, it is recommended that the host Club should include some sort of souvenir article (t-shirt, hat, water bottles, etc) as a memento of the camp. The Club could look after this article independently, or it could be designed in conjunction with CCO. Cost of the article would be incorporated into the registration fees.

Physical Training Activities

Expected physical activities for the camp could include (but should not be limited to):

- rollerskiing (both classic and skate techniques)
- Long Slow Distance (LSD) run
- CCC standard strength test
- CCC critical speed test
- ski walking/striding
- hiking
- adequate rest and regeneration

Mental/Psychological Training Activities

The dryland training camp represent a good time to fit in mental and/or psychological training activities. The Camp Leader and CCO Coach should discuss the topic possibilities and the availability of guest speakers to bring in to support this activity Typical activities in this category could include:

- nutrition
- physiology
- race prep
- injury prevention
- sport/life balance
- life on the NTDC/NST
- or any of a host of other possibilities.

Other Activities

The host Club should consider the integration of one or two (depending on the length of the camp) team building/social activities to balance the physical and mental training load of the camp. Nearly every District has points of local or natural interest that can be visited at little to no cost to support this type of activity. The Ontario Coach can be a helpful resource in determining the appropriate type and duration of these activities.

Camp Schedule

To the extent that is possible, the camp activity schedule should accommodate the workout duration and intensity differences that are appropriate for athletes at different stages of the LTAD. The most successful camps are those where the Camp Leader, in conjunction with the Ontario Coach and other club coaches arranges in advance the overall camp schedule and specific workouts to best suit the athletes who will be participating.

CCO Coach will provide feedback and be able to assist in creating/maintaining a standard expected in a provincial dryland camp. In general, the daily schedule should be set up to include several recognized blocks of activities. These activities should include, but shouldn't necessarily be limited to the following:

- two primary physical workouts/day (different activities) of differing intensities
- intensity workouts best done in am followed by recovery workout in pm (unless doing volume training)
- one mid-day regeneration/recovery period between the two primary workouts
- early morning run/jog

- three healthy meal breaks

In terms of the actual details of the different physical workouts that might be planned, a number of variables will come in to play, including the age and stage of the athlete, the objective of the workout, where in the training cycle that athlete is, as well as variables like weather, time of day, the athlete's disposition, traffic conditions and who knows what else. The following table is provided simply to provide a range for the different stages of the LTAD model, and to provide a starting point for a camp schedule planning discussion.

Please refer to table 1 below for recommended training hours:

TABLE 1:

Age	LTAD Stage	Hours/Day	Focus?
Males: 12-16 Females: 11-15	Train to Train	2 workouts a day (1-1.5 hrs) + games and	- Develop Aerobic Capacity - Develop good strength technique - Develop good training habits and techniques - Balance - Off season races - introduce strategy and tactics
Males: 16-20 Females: 15-19	Learn to Compete	2 workouts a day (1-1.5 hrs) + games and	- Develop Aerobic Capacity - Develop Speed - Sport specific training - develop strategy and tactics
Males: 20-23 Females: 19-23	Train to Compete	2 workouts a day (1.5- 2 hrs)	-Develop Aerobic Capacity - Develop Speed Sport specific training - refine technique

Appendix

- CCO waiver form
- CCO standard format registration form

