



# Ontario Dryland Training Camps 2010

## Ski All Summer...

New this year! CCO is updating our dry land camps to provide training opportunities specific to athletes developmental stage. Dry land camps offered will include 2 high performance, 2 development camps, and a midget camps in each district.

### Camp Objective:

- To create an interactive environment for athletes and coaches to share current knowledge, experiences and best practices.

### Camp Information:

Cross Country Ontario Website

- [www.xco.org](http://www.xco.org)
- Kateri Mills- CCO Coach
- [coach@xco.org](mailto:coach@xco.org)

<b>High Performance</b> (Recommended for Athletes competing at provincial circuit and can handle 5 days of high training)	
June 29th- July 3rd	Big Thunder, Thunder Bay
Aug 11th- 15th	Team Hardwood, Barrie (*registration limited)
<b>Development Camps</b> (Recommended for athletes learning how to train specific to cross country skiing)	
July 23rd -25th	Nakkertok, Ottawa
TBA	NOD
<b>Midget Camps</b> (T2T)	
July 10th, Oct 3rd	Nakkertok, Ottawa
Aug 20th-22nd	Soo Finnish, Sault Ste Marie
July 17/18th- HTB	SOD (will host 4 One day camps)
*CCC Female Talent Squad Camp. Registration Limited to 50 spots	