



2009 LSSD



XC Dryland Camp "The 24HR Athlete"



June 30-July 4, 2009 • Thunder Bay, Ontario

Presented by Lakehead XC and Hosted by Big Thunder Nordic Ski Club

Coaching Staff

Kateri Mills

Head Coach, Ontario Ski Team

Eric Bailey

Head Coach, NTDC Thunder Bay

Lisa Patterson

CCC Eastern High Performance Coord.

Adam Kates

(XC Camp Lead Coach)

Head Coach, Big Thunder Nordic Ski Club

Patti Kitler

Ontario Coaching Coordinator

Werner Schwar

NTDC Alumni, National Medalist

Steve Hart

NTDC Alumni, National Medalist

Becky Puiras

Former NST Member

Schedule of Events

Day 1: Tuesday June 30

- 8:00AM- Kamview Nordic Centre
Skate Rollerski 2.0-2.5 Hrs
- 11:30AM- Lunch (Food Provided)
- 3:30PM- Kamview Nordic Centre
Run .5-.75 Hrs+ Stretch
Sports Psychology Seminar
Seminar/Motivational Talk
- 6:00PM- Kamview Nordic Centre
Dinner (Food Provided)

Day 4: Friday July- 3

- 8:00AM- Lappe Nordic Ski Centre
Run + NST Strength Test
1.5-2.5 hrs
- 11:30AM- Lappe Nordic Ski Centre
Lunch (Food Provided)
- 3:00PM- Location To Be Finalized
Fun Activity (Paint Ball/
Rafting/Driving Range)
- 6:00PM- Kamview Nordic Centre
Dinner (Food Provided)

Day 2: Wednesday July 1st

- 8:00AM- Mt. McKay
Skiwalking/Bounding Intensity
2.0-2.5
- 11:30AM - Kamview Nordic Centre
Lunch (Food Provided)
- 3:30PM- Lakehead University
Fieldhouse
Soccer/Core
- 6:00PM- Location to be Finalized
BBQ (Food Provided)

Day 5: Saturday July 4th

- 9:00AM- Sleeping Giant Provincial
Park
Run the Giant
Hrs- 3.0-3.5
- Long run at Sleeping Giant Provincial
Park (located 45minutes outside of
Thunder Bay)
- Followed by swim and lunch on the
beach (Food Provided)
- Depart for home

Day 3: Thursday July 2

- 8:00AM- Kamview Nordic Centre
Classic Rollerski 2.0-2.5
- 11:30AM- Kamview Nordic Centre
Lunch (Food Provided)
- 3:00PM- LU Fieldhouse
Nutrition Seminar
Run/Core/Stretch 1.0 hrs
- 6:00PM- Evening Social Activity
Dinner and a Movie
(Participants to cover own
costs)

Registration Deadline: Friday June 26

For more information, contact
Adam Kates
adamckates@gmail.com
807-708-4989

Take part in one of the premier training camps in the province. This unique training opportunity will allow athletes to work with a variety of high performance coaches from across Ontario in an energy charged and highly motivated atmosphere.

Participants will engage in a variety of activities that will work towards developing their strength, endurance and cross country ski specific skills and technique.

The training camp will make use of a variety of facilities and locations in and around Thunder Bay, including Kamview Nordic Centre, Lakehead University and Sleeping Giant Provincial Park.

The camp is intended for athletes aged 13 and up who participate in a year round training program.

Equipment Checklist

- cycling helmet (mandatory for roller skiing)
- safety vest or bright t-shirt (mandatory for roller skiing)
- roller skis, poles, boots (classic and skate, if possible)
- ski striding poles (5-10 cm shorter than classic poles)
- day pack and rain gear
- swim suit
- running gear
- water bottle and holder plus spare water container
- all other appropriate training gear.

Registration Form

Registration is not complete until cheque, waiver form and parental consent are received.

Mail completed registration form, signed waiver and parental consent along with a cheque made payable to Lakehead XC to:
Fresh Air Experience • 311 Victoria Ave. East • Thunder Bay, ON • P7C 1A4

Registration Deadline is Friday June 26

Name: _____ Address: _____

City: _____ Postal Code: _____ Phone: _____

Email: _____ Age: _____ Gender: M F

Club: _____ Coach: _____ T-Shirt Size: S M L XL

Training Camp Fee

With Billeting \$300 _____

Without Billeting \$225 _____

Roller Ski Rental (week) \$25 _____

Day participation only
at \$50 per day (specify days) _____

TOTAL _____

Camp fees include: T-shirt, event prizes, some meals (see schedule for included meals,) trail run fee, Provincial Park fees, coaching, and ground transportation while at camp. Participants will be responsible for evening entertainment expenses such as movies or swimming. Participants who choose to be billeted will also have their accommodations and meals included at their billet's house.

Participants who are unable to attend all five days of the camp may also choose to attend specified days at a rate of \$50 per day.

Waiver

In consideration Of Cross Country Canada (hereinafter called CCC), Cross Country Ontario (hereinafter called CCO), the National Team Development Centre (hereinafter called NTDC), Lappe Nordic Ski Centre (hereinafter called LAPPE), Thunder Bay Nordic Trails Association (hereinafter called TBNTA), Big Thunder Nordic Ski Club (hereinafter called BTNSC), Ontario Parks (hereinafter called OP), and Lakehead University (hereinafter called LU) accepting my entry into the above-named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release and forever discharge CCC, CCO, NTDC, LAPPE, TBNTA, BYNSC, OP, LU, and their servants, agents, sponsors or employees from any and all claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage which may arise by reason of the negligence of CCC, CCO, NTDC, LAPPE, TBNTA, OP, LU, or their servants, agents, sponsors or employees. Without limiting the generality of the foregoing, I further release any and all recourse which I may now or hereinafter have resulting from any decisions of CCC, CCO, NTDC, LAPPE, TBNTA, OP and LU.

Adult Participant (18 years and older) Release and Waiver

As a participant of the named activity, I have read and understand the above:

Signature: _____ Date: _____

Minor Participant Release & Indemnification

As a parent or guardian of a participant under the legal age of 18, I have read and understand the above and accept its terms and conditions of the participant's behalf. Participant's Name: _____

Parent/Guardian Signature: _____ Date: _____

Lakehead University Department of Athletics Camp Parental Consent

I, the undersigned, hereby acknowledge that certain risks of injury are inherent to participation in recreational activities and classroom activities. These types of injuries may be minor or serious and may result from one's actions, or the actions or interactions of others or a combination of both. I understand that certain activities require a minimum level of fitness and health (physical, mental, and emotional) and that each person has a different capacity for participating in these activities. I hereby agree that Lakehead University Athletics, its faculty, staff, and agents shall not be liable for any injury, loss or damage to person or property, incurred during this program, including deterioration of health or illness or aggravation of condition resulting from participation of these activities. I declare having read and understood the above informed consent agreement in its entirety and hereby give my consent for the registrant to participate knowing all of the foregoing.

Participant Name: _____

Signature of Parent/Guardian: _____ Date: _____