



**NCD Nordic Training Camp**  
**Fri. Sept. 5<sup>th</sup>, Sat. Sept. 6<sup>th</sup> & Sun. Sept. 7<sup>th</sup> 2008**  
 YMCA Outdoor Centre, 1620 Sixth Line Rd. Dunrobin ON K0A 1T0 (613)832-1234  
 Hosted by Kanata Nordic Ski Club & Cross Country Ontario  
**“Reach for the Top”**

The 2008 National Capital District Nordic Training Camp is open to male and female athletes 13 years of age and above. The camp is intended to provide a group setting where Nordic ski racers and aspiring racers can come together to train and learn in a challenging, enjoyable environment. For the second year in a row the camp is being organized and hosted by Kanata Nordic Ski Club at their club site located at the YMCA-YWCA Outdoor Centre in North Kanata (Dunrobin).

Start	Stop	Activity	Location
		<b>Friday Sept 5th</b>	
17:00	20:00	Check in at Y Outdoor Centre Admin Office, Kanata North, Dinner on Friday night not provided.	Y-Outdoor Centre
		<b>Saturday Sept 6th</b>	
6:00	6:30	Breakfast	Y-Main Chalet
7:00	7:45	Travel to Gatineau Park for Roller skiing	Bus or Van
8:00	9:50	Roller ski in Gatineau Park	P8 Parking
10:00	10:45	Return to Y Outdoor Centre	Bus or Van
11:00	11:45	Plyometrics Session	Y-Outdoor Centre
12:00	12:45	Lunch	Y-Main Chalet
12:45	13:30	Rest time	Y-Cabins
13:30	14:45	High Ropes / Climbing Wall	
15:00	16:30	Orienteering Game	
17:00	18:00	Dinner	
18:30	19:45	Speaker Presentation	Y-Main Chalet
20:00	21:30	Campfire	
21:30		Lights Out	In Bed
		<b>Sunday Sept 7th</b>	
6:00	6:30	Breakfast	Y-Main Chalet
7:00	7:45	Travel to Gatineau Park for Roller skiing	Bus or Van
8:00	9:50	Roller ski in Gatineau Park	P8 Parking
10:00	10:50	10:00 Ski Walk/Hike	Skyline Hill
11:00	11:45	Return to Y Outdoor Centre	Bus or Van
12:00	13:00	Lunch	Y-Main Chalet
13:30	14:30	Core Strength Session- please bring your own resistant bands or tubing	Y-Training Field
15:00	15:30	Camp Wrap-up	Y-Main Chalet
15:30		Departure Travel home	

Parking available on site; Athletes, coaches and parents - will stay in rustic cabins; Shower/ bathroom facilities provided on site; First Aid available on site, Hospitals available within 20 min. drive from both training locations.

**Equipment Required for Camp (2 night stay):**

Sleeping bag  Pillow  Toiletries  Clothes  Towel  Bathing Suit  Running Gear  Hat   
 Sunglasses  Water bottle + holder  Pen and notebook  Your own resistant bands or tubing  Roller ski Equipment (Classic &/or Skate)  Boots  Poles  Gloves  Striding Poles  Cycling Helmet   
 Bright shirt or safety vest  Day pack  Sunscreen  Insect repellent  Rain gear  Appropriate clothing for all weather  Long sleeve training shirt  Extra Food & Snacks  Signed CCO waiver form  Signed CCO Athlete Code of Conduct

\*Dinner on Friday night not provided. All other meals provided ending with lunch on Sunday. All extra snacks and juice crystals are BYO\*

**STEPS TO REGISTER: (Deadline is Monday August 25th)**

- 1) Fill in online registration form, pay online & accept waiver conditions at:
- 2) Fill in & bring waiver at <http://www.xco.org/admin/document/waiver4.pdf>
- 3) Fill in & bring code of conduct at [http://www.xco.org/admin/document/ath\\_code.pdf](http://www.xco.org/admin/document/ath_code.pdf)

**OR**

- 1) Fill in and fax paper registration form & mail payment cheque;
- 2) Fill in & bring waiver at <http://www.xco.org/admin/document/waiver4.pdf>
- 3) Fill in & bring code of conduct at [http://www.xco.org/admin/document/ath\\_code.pdf](http://www.xco.org/admin/document/ath_code.pdf)
- 4) Mail cheques only to: Kanata Nordic Ski Club, Attention: Harris Kirby,  
P.O. Box 72084, Kanata ON, K2K 2P4.  
Phone: (613) 599-5306 fax: (613) 599-9739

**Registration will be completed when either:**

**A) Completed paper reg. form, waiver and payment cheque have been received by mail;**

**OR**

**B) Online registration form & payment completed & waiver conditions accepted.**

**NCD Training Camp- Sept. 5<sup>th</sup>-7<sup>th</sup> 2008**

FIRST & LAST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

EMAIL ADDRESS 1: \_\_\_\_\_ TEL:( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

EMAIL ADDRESS 2: \_\_\_\_\_ TEL:( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

GENDER: M / F DATE OF BIRTH : Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

DAY ARRIVING: \_\_\_\_\_ LEAVING: \_\_\_\_\_ MEANS OF TRAVEL: \_\_\_\_\_

CAN PROVIDE TRANSPORT ? ( Y / N ) TYPE ? ( CAR / VAN ) NO. OF PASSENGERS? \_\_\_\_\_

SKI CLUB: \_\_\_\_\_ COACH: \_\_\_\_\_

MEDICAL ISSUES: \_\_\_\_\_

**Sign & bring the CCO waiver form and CCO Athlete Code of Conduct to camp.**

Event Fees:	Athlete	✓	Coach or Parent	✓
Training Camp Fee:	\$40	<input type="checkbox"/>	n/a	
Accommodation Fee:	\$10	<input type="checkbox"/>	\$10	<input type="checkbox"/>
Meal Plan Fee:	\$45	<input type="checkbox"/>	\$45	<input type="checkbox"/>
<b>Total:</b>	<b>\$</b>		<b>\$</b>	

Cheque or Cash - Please make cheque payable to "Kanata XC Ski Club".

Amount included: \_\_\_\_\_ Cheque  Cash

## Waiver of Liability

This form must be signed by a parent/guardian of any athlete under the age of 18 or by the adult participant at the time of registration.

In consideration of Cross Country Canada (hereinafter called CCC), Cross Country Ontario division of CCC (hereinafter called CCO), National Capital District of CCO (hereinafter called NCD) and Kanata Cross Country Ski Club (hereinafter called KCCSC) the acceptance of me/my child as a participant in the 2008 NCD Nordic Dryland Training Camp, I hereby, for myself, my heirs, my executors, administrators and assigns, forever release, discharge and hold harmless CCC, CCO, NCD, the City of Ottawa, the National Capital Region YMCA-YWCA and the KCCSC, their directors, officers, employees, representatives, sponsors and agents.

### EMERGENCY MEDICAL ATTENTION SECTION

- A. In the event that emergency health care is required, I hereby give my permission for the attending medical staff to administer any medical procedure deemed necessary for the well being of my child.
- B. In permitting me/my child to participate in the 2008 NCD Nordic Training Camp, I, the undersigned authorize the Camp appointee, in the event of accident or illness affecting my child, to authorize any medical procedures on my behalf. Such action is to be taken only when immediate contact with the undersigned cannot be made. I also permit the KCCSC to release information to their insurance agent as required.

### FREEDOM OF INFORMATION AND PRIVACY ACT

Pursuant to section 39(2) of the Freedom of Information and Privacy Act, I understand that my personal information recorded on this form is being requested for the purpose of:

- to assist the participant in the event of an emergency;
- mailing information regarding the above named event; and
- use information as required by the City of Ottawa, YMCA-YWCA, NCD, CCO, CCC.

Photographs/film/video of the participant may be used in promotion of CCC, CCO, NCD and KCCSC programs as required.

### Adult Participation Release and Waiver

As a participant of the above named activity, I have read and understand the above and accept its terms and conditions:

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Minor Participant Release and Indemnification

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

Parent/Guardian:

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Emergency Contact Information:

A-Name: \_\_\_\_\_

B-Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone 1: (\_\_\_\_) \_\_\_\_\_

Phone 1: (\_\_\_\_) \_\_\_\_\_

Phone 2: (\_\_\_\_) \_\_\_\_\_

Phone 2: (\_\_\_\_) \_\_\_\_\_

#### A - Directions to YMCA-YWCA Outdoor Education Centre in Kanata North:

From Highway 417 (Queensway) take exit 138 North. Follow RR 49 (March Rd-Eagleson Rd) north approx 9 km to RR 9 (Dunrobin Rd). Turn right onto and follow RR 9 (Dunrobin Rd) approx 250 metres to Riddell Rd. Turn right onto Riddell Rd and follow approx 4 km to the end. Turn left onto Sixth Line Rd and follow approx 250 metres to entrance to the YMCA-YWCA Ray Bonnenfant Outdoor Education Centre. Follow signs to parking.

#### B - Directions to Gatineau Park P8 (parking lot) from Y Outdoor Centre:

Exit left from Y Outdoor Centre onto Sixth Line Rd for approx 250 m. to Riddell Rd. Follow Riddell Rd west to Dunrobin Rd (RR 9). Turn left and follow approx 250 m to March Rd (RR 49). Turn left onto March Rd and follow approx 9 km south to Highway 417. Take 417 (Queensway) EAST approx 20 km. Exit 417 at Nicholas St exit and follow North to Laurier St, near the heart of Ottawa. Turn right at Laurier St and follow approx 4 blocks to King Edward Ave. Turn Left onto King Edward Ave and follow it through a large "S" turn, over an overpass to the MacDonald-Cartier Bridge to Quebec. In Quebec follow Highway 5 approx 18 km to the exit to Old Chelsea at Old Chelsea Rd. Turn left onto Old Chelsea Rd and proceed through Old Chelsea straight onto the Meech Lake Rd. Follow the Meech Lake Rd approx 2.5 km to P8 parking lot.

#### C - Directions from Gatineau Park P8 to Kanata at Highway 417 exit 138:

Exit P8 left from parking lot onto Meech Lake Rd. Follow Meech Lake Rd to Old Chelsea. Go Straight through Old Chelsea on Chelsea Rd to entrance to Highway 5 South. Follow Highway 5 South to the MacDonald-Cartier Bridge to Ottawa. Over the bridge in Ottawa follow King Edward Ave South to Mann Ave. Turn Right onto Mann Ave and follow approx 100 metres. Turn left onto entrance to Highway 417 West. Follow Highway 417 (Queensway) west approx 20 km to Kanata at Exit 138 (March Rd-Eagleson Rd). Follow the directions to the YMCA-YWCA Outdoor Education Centre in Kanata North (above).