


Lappe Track Attack



LAPPE NORDIC

Boot Up Boot Camp

Who is this training camp for?: Lappe Ski Club Children aged 8-13 years (& supervised sibs)

When?: Friday evening - Sept 23rd, to Sunday afternoon- Sept 25th

Where?: Sleeping Giant Provincial Park Cabins (bunkbeds, bedding, kitchen included); tent trailer(s).

Why?: Build on healthy, outdoor kids and contribute to their enjoyment and excellence in skiing. Plan – please come out to *some or all* of the weekend!

Costs payable to Fiona McKenna:

- \$40 per person for overnight participants plus food contribution
- \$20 for a daytime participant (lunch and snacks included)
- Deadline for applying is Tuesday, September 20th
- Information: Fiona McKenna, mckennaf@xplornet.com 933-4716

Tentative Schedule of Events		
Friday Sept 23.	Saturday Sept. 24	Sunday Sept. 25
6 pm Check into cabins – snacks SIGN ACTIVITY WAIVERS	7:30 am wake up Warm up activity	7:30 am wake up Warm up activity
Treasure Hunt in campground	8-9 Breakfast and pack lunch Sign ACTIVITY WAIVERS day folks	8-9 Breakfast and pack lunch Sign ACTIVITY WAIVERS day folks
7 pm Supper – Weiner Roast/BBQ (Sunset is 7:49 pm)	Transport to trailhead: Big bike ride and/or hike to/ at T Harbour (6km) or farther Alternative: bike Lake M. Louise 2 groups if needed	Ski walking/ Ski Striding Pack up for the day
		Bike ride to Silver Harbour or Lake M. Louise – lunch on the trail
Training Diary and Track Attack Book -discussion	Lunch on trail and return to cabin	Return to cabins, pack bikes & depart for home
	Down Time – rest	
	Strength training	
	Soccer or alternative	
	Supper	
	Training Diary & Art project	

See page 2 for application form... (over)

Application for Lappe Track Attack Boot Up Boot Camp Sept 23-25, 2011

Registration Deadline is Tuesday, Sept 20th

Adults are responsible for transportation of their participants, plus a cash and food contribution. Please see detachable equipment list, below, to help you pack.

Who from your family is coming, and when?

Friday Sept23

Saturday Sept 24

Sunday Sept 25

Are there any food allergies or other personal medical situations that we need to plan for? (please comment): _____

Telephone/ mobile: _____ Email contact: _____

Emergency Contact name and telephone #(s): _____

Cost and Food Contribution:

Overnight participants # ___ x \$40 = _____ (cash/Cq payable to Fiona McKenna)

Day participants – Cash contribution only # ___ people x \$20 = _____ (cash/cq payable to Fiona McKenna)

Families with Overnight Participants are requested to provide a *Preferred Food Contribution to share for 6-8 people* (please indicate one preferred contribution)

- 1. Friday snack and supper _____
- 2. Saturday breakfast and lunches _____
- 3. Saturday supper and snack _____
- 4. Sunday breakfast and lunches _____



Participant Equipment CheckList - (please bring cash and food contribution too!)

- ___ bike, helmet, sunglasses (if you use them)
- ___ waterbottle, holster
- ___ classic /short ski poles
- ___ headlamp or flashlight
- ___ running shoes/spare shoes and good socks
- ___ toque and gloves and long underwear
- ___ warm jacket / water resistant shell
- ___ shorts and pants and changes of clothes

___ your favorite book/game to relax with

___ your bath towel and toiletries (toothbrush, shampoo, hairdryer)