

Walden Cross Country Fitness Club
NOD Midget DRYLAND DEVELOPMENT CAMP
LTT & TTT ages 10 to 15 years old
Athletes over the age of 14 who are new to the sport
or keen to learn

Date: Friday, September 30 to Sunday, October 2, 2011
Location: Naughton, Ontario (Sudbury)



Meet new friends and learn more about yourself ☺

The focus of the WCCFC LTT Dryland Camp is to provide a venue for nordic ski dryland technique instruction (roller ski and ski striding), application of athlete monitoring, mental training strategies, and a variety of dry land training opportunities.

We make use of the varied training locations around Sudbury to create unique training opportunities. This year the camp will start at the Naughton Trails/WCCFC chalet as our base location but will travel to Delki Dozzi, Laurentian University and Killarney Park.

Athletes are expected to be on a seasonal training program and at least 10 years of age to 15 years of age.

Coaching will be provided by: Lisa Patterson – CCC Eastern Coordinator, Pav Sudrich – CCO Provincial Coach & Patti Kitler – WCCFC Head Coach
Club coaches are welcome to attend and will be given an opportunity to work with athletes and coaches from other clubs.
Cost for coaches working with athletes will be picked up by the camp.

Please use Sept. 29th as a travel day. The camp will begin early Sept. 30th and will run to 2:00pm Oct 2nd.

Come on out and challenge yourselves and have a great time in the process.

NOD Midget DRYLAND DEVELOPMENT CAMP

Registration Information

Register on www.Zone4.com.

On-line registration will be available at the end of August. In the meantime, you can email Patti Kitler to let her know you want to register or with any other inquiries.

pattikit@gmail.com

Please bring signed Waiver with you to the camp (will be available on-line).

Registration deadline is Monday, Sept. 26, 2011 5:00pm

<p><u>Training Camp Fee:</u></p> <p>With Billet \$140 Without Billet \$115</p> <p>We highly recommend that out of town participants make use of the billet accommodation provided to enhance the social component of the camp. Transportation logistics are also eased if all participants stay with billets.</p> <p>\$140 Camp fee includes: coaching, t-shirt, event prizes, billet accommodation, all breakfasts, all lunches, 2 suppers, trail run fee, provincial park fees, and ground transportation while at camp.</p> <p>\$115 Camp fee includes: coaching, t-shirt, event prizes, all lunches, 2 suppers, provincial park fees, and local ground transportation.</p> <p>\$50 per day if registering for less than the full weekend and not requiring billet.</p>	<p><u>Checklist of Equipment:</u></p> <ul style="list-style-type: none">• Cycling helmet (a must for roller skiing)• Safety vest or bright t-shirt (a must for roller skiing)• Roller skis, poles, boots (preferably both classic and skate, but you can make do with just skate)• Ski striding poles (5-10 cm shorter than classic poles)• Day pack and rain gear• Running gear, including an extra pair of running shoes in case one gets wet• Water bottle and holder + spare water bottle• All other appropriate training gear (check with your coaches)
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If you need to borrow roller skis please contact Patti and make arrangements.