



# ATLANTIC LONG TRACK CAMP

## JANUARY 2-5, 2014

### HALIFAX EMERA OVAL

#### The Atlantic Long Track Camp:

Back for a second season the Atlantic Long Track Camp offers introduction to skating and training on a long track Oval for skaters and coaches. The Camp is as much a learning opportunity for coaches as it is for the skaters so the format encourages coaches to work with their own skaters on the Oval. On-ice programming and mentorship will be provided to coaches by the Canadian Sport Centre Atlantic's Long Track Coach. Dryland, video, and class sessions will be conducted by Canadian Sport Centre Atlantic sport science providers and/or the Long Track Coach.

#### Venues:

Halifax Emera Oval (Oval) – Halifax Common off of Cogswell Street  
 Canada Games Centre (CGC) – 26 Thomas Raddall Drive

		<b>Competitive Program</b>	<b>Development Program</b>	<b>Recreational Program</b>
		For skaters eligible for the 2015 Canada Winter Games and/or those who compete at national competitions.	For skaters of all ages and stages.	For skaters of all ages and stages.
<b>Program:</b>		7 hours of ice programs, dryland, yoga, class sessions, lunch, and racing.	4.5 hours of ice programs, dryland, yoga, class sessions, lunch, and racing.	4.5 hours of ice programs, yoga, and racing.
<b>Schedule:</b>	<b>Thu:</b>	7a-9:30a: Open Ice (Oval) 3p-5p: SkateSim (CGC)		
	<b>Fri:</b>	7a-8:30a: Ice (Oval) 10a-3p: SkateSim, Yoga, Lunch & Class (CGC) 4p-6p: Ice (Oval)	8:00a-9:00: Ice (Oval) 10a-3p: SkateSim, Yoga, Lunch & Class (CGC) 4p-5p: Ice (Oval)	8:00a-9:00: Ice (Oval) 11:30a-12:30pm: Yoga (CGC) 4p-5p: Ice (Oval)
	<b>Sat:</b>	8:30a-10a: Ice (Oval) 11:30a-3p: Yoga, Lunch & Class (CGC) 4p-6p: Ice (Oval)	8:30a-10a: Ice (Oval) 11:30a-3p: Yoga, Lunch & Class (CGC) 4p-5p: Ice (Oval)	8:30a-10a: Ice (Oval) 11:30a-12:30pm: Yoga (CGC) 4p-5p: Ice (Oval)
	<b>Sun:</b>	7:30a-11a: Races (Oval)	7:30a-11a: Races (Oval)	7:30a-11a: Races (Oval)
<b>Fee:</b>		<b>\$90.00</b>	<b>\$75.00</b>	<b>\$20.00</b>
Please submit club/provincial registration list to <a href="mailto:tlandon@speedskating.ca">tlandon@speedskating.ca</a> by noon <b>Friday December 20<sup>th</sup></b> . Please remit club/provincial payment, payable to CSCA, at the camp on <b>Friday January 3<sup>rd</sup></b> .				

#### Races:

Sunday camp participants will be placed into at least 2 developmentally appropriate mass start and/or Olympic style speed skating races. A race schedule will be available at the camp once participants are known. The speed skating races are included as part of the camp fee. Skaters not participating in the camp may register for the speed skating races. There will be a marathon racing series on Sunday following the speed skating races. Skaters will need to register separately for the marathon series on the event registration site.

#### Other:

- Please contact [tlandon@speedskating.ca](mailto:tlandon@speedskating.ca) for the speed skating schedule on the Oval if you plan on arriving in Halifax prior to the Camp.
- **Introduction to Competition coaching modules:** Analyze Performance and Tactics will be offered for interested coaches or skaters. The Analyze Performance module requires 3 hours on the Friday evening and the Tactics module requires 2 hours on the Saturday evening. Please contact [tlandon@speedskating.ca](mailto:tlandon@speedskating.ca) for information.

#### Information:

Todd Landon, Long Track Coach

cell: 902-210-1600

e-mail: [tlandon@speedskating.ca](mailto:tlandon@speedskating.ca)

fax: 902-425-5928

#### Preferred Accommodation:



##### Lord Nelson Hotel & Suites

- 1515 South Park Street (at Spring Garden Road)
- [www.lordnelsonhotel.com](http://www.lordnelsonhotel.com)

- A four star historic property located across from the Public Gardens in the heart of Halifax.
- A 5-10 min walk to the Halifax Oval.

- \$105 per night
- Reservations: 1-800-565-2020 or [ask@lordnelsonhotel.com](mailto:ask@lordnelsonhotel.com)
- Quote "Atlantic Long Track" for rate

Twitter: @Atlantic\_LT

[atlanticlongtrack.wordpress.com](http://atlanticlongtrack.wordpress.com)



# ATLANTIC LONG TRACK CAMP

JANUARY 2-5, 2014

HALIFAX EMERA OVAL

## CLUB/PROVINCIAL REGISTRATION FORM

Please submit club/provincial registration list to ALTP by noon **Friday December 20<sup>th</sup>**.  
Please remit club/provincial payment, payable to CSCA, at the camp on **Friday January 3<sup>rd</sup>**.

<b>Club:</b>	<b>Contact Person:</b>
<b>E-mail:</b>	<b>Phone:</b>

### Camp Skaters (please use a second page if additional space is required)

Program <input type="checkbox"/> Competitive <input type="checkbox"/> Development <input type="checkbox"/> Recreation <input type="checkbox"/> Racing Only	Name of Skater	Sex	Birthdate	Seed Time 200m ST, 500m ST, or 500m LT	
				Distance	Time
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					

### Attending Coaches

Name of Coach	Coaching Level	NCCP#	Intro to Comp Modules
			<input type="checkbox"/> Analyze Performance &/or <input type="checkbox"/> Tactics
			<input type="checkbox"/> Analyze Performance &/or <input type="checkbox"/> Tactics
			<input type="checkbox"/> Analyze Performance &/or <input type="checkbox"/> Tactics
			<input type="checkbox"/> Analyze Performance &/or <input type="checkbox"/> Tactics

### Payment Due

# of Competitive Program Participants \_\_\_\_\_ x \$90.00 = \$ \_\_\_\_\_  
 # of Development Program Participants \_\_\_\_\_ x \$75.00 = \$ \_\_\_\_\_  
 # of Recreation Program Participants \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_  
 # of Racing Only Participants \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_  
 # of Introduction to Competition Modules \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

**Total** = \$ \_\_\_\_\_

The registration list can be faxed to 902-425-5928 or e-mailed to [tlandon@speedskating.ca](mailto:tlandon@speedskating.ca) by Friday December 20<sup>th</sup>.

Please make one cheque per club/province payable to CSCA to remit at the camp on Friday January 3<sup>rd</sup>.

# Camp Schedule:

	Thursday January 2nd		Friday January 3rd		Saturday January 4th		Sunday January 5th		
	Competitive	Development	Recreation	Competitive	Development	Recreation	Competitive	Development	Recreation
7:00									
7:30	Open Ice	Open Ice	Open Ice				Warm-up		
8:00									
8:30									
9:00									
9:30									
10:00									
10:30									
11:00									
11:30									
12:00									
12:30									
13:00									
13:30									
14:00									
14:30									
15:00									
15:30	Skate Sim								
16:00									
16:30									
17:00									
17:30									
18:00									
18:30									
19:00									
19:30									
20:00									
20:30									
21:00									

\* Lunch will be provided to the participants

Emera Oval

Canada Games Centre