



ATLANTIC LONG TRACK CAMP

JANUARY 2-5, 2014

HALIFAX EMERA OVAL

Confirmation notes for this weekend's Atlantic Long Track Camp:

It should be a great weekend with almost 70 skaters registered. Here are some notes of things to know as you prepare for the camp.

Updated Schedule:

		Competitive Program	Development Program	Recreational Program
Schedule:	Thu:	1p-3p: SkateSim (CGC) 4p-5p Ice (Oval)		
	Fri:	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)
	Sat:	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)
	Sun:	7:00a-12p: Races (Oval)	7:00a-12p: Races (Oval)	7:00a-12p: Races (Oval)

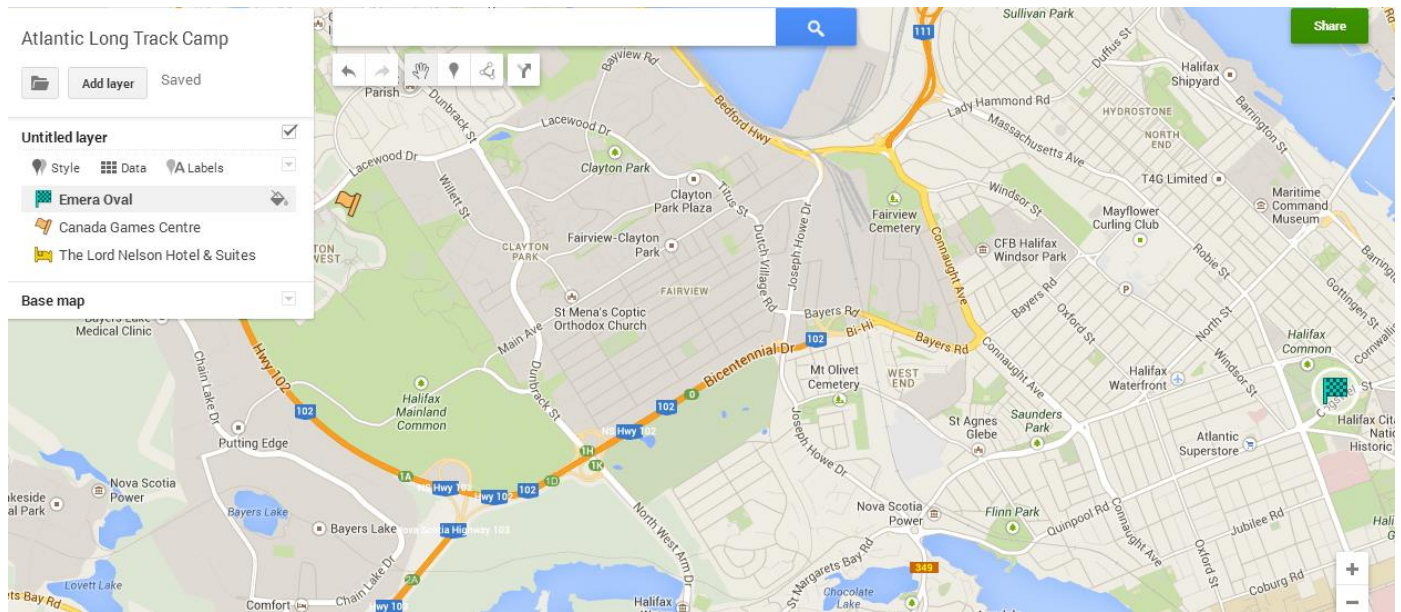
	Thursday January 2nd			Friday January 3rd			Saturday January 4th			Sunday January 5th			
	Competitive	Development	Recreation	Competitive	Development	Recreation	Competitive	Development	Recreation	Competitive	Development	Recreation	
7:00													7:00
7:30				Camp Ice						Warm-up			7:30
8:00	Open Ice	Open Ice	Open Ice		Camp Ice	Camp Ice				Racing			8:00
8:30							Camp Ice	Camp Ice	Camp Ice				8:30
9:00													9:00
9:30													9:30
10:00				Dryland	Dryland					10:00			
10:30										10:30			
11:00										11:00			
11:30				Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	11:30			
12:00										12:00			
12:30				Lunch*	Lunch*		Lunch*	Lunch*		12:30			
13:00										13:00			
13:30	SkateSim			Presentation	Presentation		Presentation	Presentation		13:30			
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21:00										21:00			

Canada Games Centre
Emera Oval
* Lunch will be provided to the participants

Venues:

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

Note: The Camp does not provide transportation between the Halifax Emera Oval and the Canada Games Centre. Skaters are requested to arrange carpooling between the two venues for programs.



Check the link <https://mapsengine.google.com/map/edit?mid=zPUsxtTrxTKE.kLlQLN8O2UeQ> for a detailed map.

Equipment and Clothing:

- Skaters should wear equipment compliant with Speed Skating Canada's rules D3-200, D3-300, and D3-301. They include:

	Required for all skaters	Required for skaters under 15	Recommended for all skaters
Cut resistant ankle protection	<input checked="" type="checkbox"/>		
Eye protection	<input checked="" type="checkbox"/>		
Hand protection	<input checked="" type="checkbox"/>		
Shin protection	<input checked="" type="checkbox"/>		
Head protection		<input checked="" type="checkbox"/>	
Knee protection		<input checked="" type="checkbox"/>	
Neck protection		<input checked="" type="checkbox"/>	
Cut resistant body protection			<input checked="" type="checkbox"/>

- Clothing appropriate for skating outdoor in winter weather.
- Clothing appropriate for indoor training activities.

Lunches:

Lunches will be provided to Competitive and Development program participants on Friday and Saturday during activities at the Canada Games Centre.

Weather:

Note that as of writing this note there is a winter storm warning for Thursday. The main storm event is expected late Thursday into Friday. "The next storm will have a substantial impact on Atlantic Canada late Thursday into Friday," says Weather Network meteorologist Doug Gillham. "More offshore track means that this should just be a snow event." (<http://www.theweathernetwork.com/news/articles/heavy-snow-blows-Atlantic-canada-another-winter-storm-targets-the-region-later-this-week/18679/>)

Information:

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