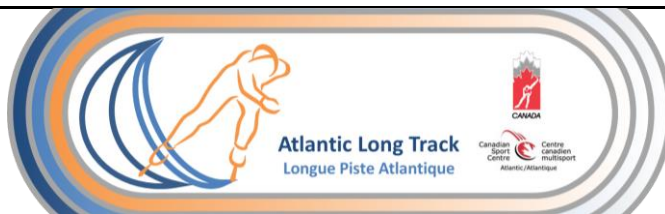


SUMMER CAMP



**JULY 28 –
AUGUST 1, 2014**

**ACADIA UNIVERSITY,
WOLFVILLE NS**

ATLANTIC LONG TRACK SUMMER CAMP:

- Limited to 16 participants.
- \$600.00 includes program, accommodations, and meals.
- Featuring the Acadia University SkateSim the camp emphasizes developing technique, power, and speed for explosive starts. Developing speed in the first 40m of a Long Track 500m has been shown to be a good predictor of the final result.
- The SkateSim¹ is a unique skating simulator designed by Acadia University to help skaters achieve increased acceleration and performance on the ice.
- The camp program combines SkateSim² sessions, sprinting sessions, and on and off ice technical sessions. Additional classes and meeting sessions include equipment set-up and maintenance, mental training, and sport nutrition.
- The small group environment allows for enhanced coaching and the residential nature of the camp provides an opportunity for team spirit and camaraderie.



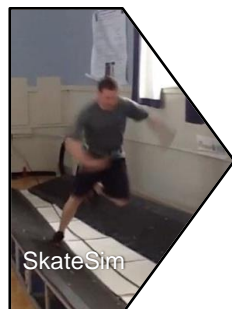
VENUE:

Acadia University, Wolfville NS

ELIGIBILITY:

Skaters should be at least aged 14 on July 1, 2014, have participated in speed skating programs and competition during the 2013-2014 season, and are participating in summer activity through other sport programs or training with their local speed skating club.

DRAFT SCHEDULE



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00		Wake	Wake	Wake	Wake	Wake
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00		SkateSim	SkateSim	Recovery Activity Outing	SkateSim	SkateSim
10:00					Break	Break
11:00		Break	Break			
12:00		Ice	Ice			Ice
13:00					Break	Break
14:00		Break	Break		Break	Break
15:00		Sprint Drills	Class		Sprint Drills	Technical Drills
16:00		Technical Drills	Technical Drills	Class	Class	Depart
17:00	Arrive	Break	Break	Break	Break	
18:00						
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00						
21:00	Meeting	Meeting	Meeting	Meeting	Meeting	
22:00	Curfew	Curfew	Curfew	Curfew	Curfew	

SkateSim and Sprint Training will be led by Acadia University Varsity Athletics training staff. On ice and technical programming, and camp facilitation will be led by the Atlantic Long Track Coach. Club and provincial coaches are encouraged to attend.

CAMP FEE:

Camp Program with Accommodations (24hrs/Day) Includes: Camp Program, 5 Nights Accommodation, 5 Breakfasts, 5 Lunches, & 5 Dinners.	\$600.00
Camp Program (8hrs/Day) Includes: Camp Program and 5 Lunches	\$400.00
Ice Only (4 x 2hr)	\$150.00
Discount 2 or more family members (does not apply to Ice Only)	-\$25.00 per
Registration Deadline	Form and payment by Friday June 16th, 2014

INFORMATION:

Todd Landon, Long Track Coach cell: 902-210-1600 e-mail: tlandon@speedskating.ca
Atlantic Long Track Program ■ c/o Canadian Sport Centre Atlantic ■ 26 Thomas Raddall Drive, Suite 166 ■ Halifax NS B3S 0E2

¹ http://www.acadiu.ca/whatsnew/newsrelease/2006/skate_9nov.html

² <http://youtu.be/udEc9AlbiBQ>

SUMMER CAMP



**JULY 28 –
AUGUST 1, 2014**

**ACADIA UNIVERSITY,
WOLFFVILLE NS**

REGISTRATION FORM

REGISTRATION DEADLINE IS MONDAY JUNE 16th, 2014

Name:		Age Class:	
Address:	Home	City	Prov Code
Email:		Telephone #:	
Club:		Coach:	
Date of Birth:		Age:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Speed Skating Canada #:		Helmet Cover #	
Medical Profile:	Pre-existing or previous illnesses or injuries:		
	Allergies:		
	Current Medications:		
Emergency Contact:	Name:		Phone:
	Relation:		Cell:
	E-mail:		Work:

Program Selection	FEE
Camp Program with Accommodations	<input type="checkbox"/> \$600.00
Camp Program	<input type="checkbox"/> \$400.00
Ice Only	<input type="checkbox"/> \$150.00
Discount	<input type="checkbox"/> -\$25.00
Total	

REGISTRATION WAIVER & EMERGENCY CONSENT

By signing this entry form I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all right and claims for damages I may have against Acadia University, Speed Skating Canada, the Canadian Sport Centre Atlantic and other organizations and sponsors concerned, their agents, officers or members, for any and all injuries suffered by me at said contest to be held from **July 28 – August 1, 2014** at **Acadia University at Wolfville NS**, Canada. This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the camp. Financial information will be used to process payment.

Organization of competitions/events requires that names will appear on posted race lists and results print outs. Names/ Images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have questions about the collection of or use of this information, contact the Competition/Event Organizer at **902-210-1600** or tlandon@speedskating.ca

If you or your child needs emergency medical care and you are not available to give formal consent to medical authorities, care may be unnecessarily delayed. To assist with me or your child receiving emergency medical care I/we hereby authorize a representative of the Atlantic Long Track Program to give consent for all medical and/or surgical treatment that may be required for me or our child during the Atlantic Long Track Summer Camp from ~~July 29 – August 2, 2013~~ **July 28 - August 1, 2014**.

I have hereunto set my hand and seal, this ____ day of _____, 2014. _____
Signature of Participant or of Parent/Guardian (if participant is under 18)

Please be sure that skaters travel with a copy of their health card number that may be required in case of an emergency.

Mail registration and payment to:

Atlantic Long Track Program
c/o Canadian Sport Centre Atlantic
26 Thomas Raddall Drive, Suite 166
Halifax NS B3S 0E2

Information:

Todd Landon, Long Track Coach
cell: 902-210-1600
e-mail: tlandon@speedskating.ca
fax: 902-425-5928

*** FULL CAMP PROGRAM LIMITED TO 16 PARTICIPANTS – 1ST COME 1ST SERVE**