



ATLANTIC LONG TRACK PROGRAM

2014 CAMP #1 - NOVEMBER QUEBEC CITY

Date	<ul style="list-style-type: none"> • Camp: November 18-21, 2014 • Quebec Sprint Competition: November 22-23, 2014
Location	<ul style="list-style-type: none"> • Anneau Gaétan-Boucher, Quebec City
Hosted by	<ul style="list-style-type: none"> • Atlantic Long Track Program • Todd Landon, Long Track Coach <ul style="list-style-type: none"> ○ Email: tlandon@speedskating.ca ○ Cell: 902-210-1600
Eligibility	<ul style="list-style-type: none"> • Participants should be 14 years old as of July 1, 2014.
Fees and Registration	<ul style="list-style-type: none"> • Atlantic Long Track Program Members <ul style="list-style-type: none"> ○ \$250.00 (includes activity fees, and coaching support for the camp & competition) ○ Notify tlandon@speedskating.ca by <u>October 31st, 2014</u>. • Non Program Members <ul style="list-style-type: none"> ○ \$350.00 (includes activity fees, and coaching support for the camp & competition) ○ Notify tlandon@speedskating.ca by <u>October 31st, 2014</u>. • Please make fees payable to "Canadian Sport Centre Atlantic". <p>Note: Quebec Sprint Competition forms and fees are due separately.</p>
Suggested Accommodations	<ul style="list-style-type: none"> • Hotel Classique, 2815 Laurier Boulevard, Quebec City. • 4 double queen rooms, equipped with mini-fridge and microwave, have been blocked at a rate of \$95 per night. Notify tlandon@speedskating.ca by <u>October 31st, 2014</u> to claim a blocked room. • Room occupants are responsible to provide payment to the Hotel upon arrival.
Transportation	<ul style="list-style-type: none"> • Participants are responsible for their transportation in Quebec City. • Hotel Classique is a 20min walk to the Oval.
Food	<ul style="list-style-type: none"> • Participants are responsible for their own meals. • A suite with kitchenette has been booked for the coach. Group meals can be coordinated on a cost sharing basis.



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CAMP REGISTRATION DUE FRIDAY OCTOBER 31, 2014

Athlete	Name:			
	Date of Birth:	M / F		
Speed Skating Club	Club:			
	Coach:	Coach E-mail:		
Personal Bests	500m LT:	1000m LT:	1500m LT:	3000m LT:
	500m ST:	1000m ST:	1500m ST:	3000m ST:
Fee	<input type="checkbox"/> ALTP Member Skaters - \$250 <small>Includes camp ice and activity fees, and coaching support for the camp and competition.</small>		<input type="checkbox"/> Non-ALTP Skater - \$350 <small>Includes camp ice and activity fees, and coaching support for the camp and competition.</small>	
	Note: Make cheque for camp fee payable to "Canadian Sport Centre Atlantic". Note: Quebec Sprint Competition registration and fee will be due separately at a later date.			

CONTACT INFORMATION

Athlete	Mailing Address: House		City	Province	Postal Code
	Phone:	Cell:		Email:	
Parent / Guardian Emergency Contact	Name:			Phone:	
	Relation:			Cell:	
	E-mail:			Work:	

MEDICAL PROFILE

Athlete	Pre-existing or previous illnesses or Injuries:
	Allergies:
	Current Medications:
	Note: Athletes should carry their provincial healthcare number with them.



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TRAVEL

Please either attach your flight itinerary with your registration or indicate your flights here:

Departing Flight		Return Flight	
Flight #:	Arrival Date & Time:	Flight #:	Departure Date & Time:

ACCOMMODATIONS

Please indicate which nights you will require a blocked room at the Hotel Classique and whom you might have as a room-mate.

From:	To:	With:

If you will be using your own accommodations please provide a contact number where you can be reached at that location:

Accommodation Phone:	Personal Cell:

PROGRAM CONTACT INFORMATION




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

Atlantic Long Track Coach: Todd Landon
E-mail: tlandon@speedskating.ca
Phone: 902-210-1600
Fax: 902-425-5928

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Draft Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	Travel					Wake & Breakfast	Wake & Breakfast	
6:30								
7:00		Wake & Breakfast	Wake & Breakfast	Wake & Breakfast	Wake & Breakfast	Sprints 500m 1000m	Sprints 500m 1000m	
7:30		To Oval	To Oval	To Oval	To Oval			
8:00		Warm-up	Warm-up	Warm-up	Warm-up			
8:30								
9:00		Ice	Ice	Ice	Ice			
9:30		9:00am-11:00am	9:00am-11:00am	9:00am-11:00am	9:00am-11:00am			
10:00								
10:30								Sprints
11:00		Lunch Break	Lunch Break	Lunch Break	Lunch Break			500m
11:30								1000m
12:00							Travel Home	
12:30		Homework or Free	Homework or Free	Groceries, Homework or Free	Homework or Free			
13:00								
13:30		Group Meeting	Group Meeting	Group Meeting	Group Meeting			
14:00		To Oval	To Oval	To Oval	To Oval			
14:30		Warm-up	Warm-up	Warm-up	Warm-up			
15:00		Ice	Ice	Ice	Ice			
15:30	4:45pm-6:00pm	4:45pm-6:00pm	4:45pm-6:00pm	4:30pm-7:00pm				
16:00					Dinner Break			
16:30	Dinner Break	Dinner Break	Dinner Break	Dinner Break				
17:00								
17:30								
18:00	Arrive							
18:30	Group Meeting	1 on 1 Meeting, Homework, or Free	1 on 1 Meeting, Homework, or Free	1 on 1 Meeting, Homework, or Free	1 on 1 Meeting, Homework, or Free	Group Meeting		
19:00					1 on 1 Meeting, Homework, or Free	1 on 1 Meeting, Homework, or Free		
19:30								
20:00	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew		
20:30								
21:00								
21:30								
22:00								



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