



**ATLANTIC LONG TRACK  
SUMMER CAMP  
AUGUST 17-21, 2015  
OLYMPIC OVAL – CALGARY**

**INFORMATION**

- A week of summer training on the Calgary Oval to begin to whet your long track appetite.
- The camp will include 8 ice sessions on the Calgary Oval, 2 sessions on the Calgary Velodrome, plus dryland and class sessions.
- Skaters will need to be 14 years of age and meet applicable standards to participate. Please inquire about the standards.
- Deadline for registration is Friday July 24<sup>th</sup>. Please make payment to “Canadian Sport Centre Atlantic” or “CSCA”.

**COACHES**

- Todd Landon  
Canadian Sport Center Atlantic Long Track Coach
- Carolyn Jarock  
Speed Skate Nova Scotia 2015 CWG Long Track Coach

**COACH’S TRAVEL**

- Todd Landon, the Atlantic Long Track Coach, will be travelling from Montreal to Calgary in the evening on Sunday August 16.
- Please inquire to [tlandon@speedskating.ca](mailto:tlandon@speedskating.ca) or 902-210-1600 for the coach’s specific travel details and try to coordinate accordingly.
- Please include your own travel itinerary with your registration information

**ACCOMMODATIONS**

- Group accommodations have been booked in a home that sleeps 10 from August 16-21. Meals and snacks for the week will be coordinated in the home. This accommodation option is limited to the first 8 registrants with priority to Atlantic Long Track skaters.
- Please identify your accommodation needs by Friday July 24<sup>th</sup> with along with your registration.
- Skaters may choose to utilize their own accommodation resources.

**TRANSPORTATION IN CALGARY**

- Athletes will be responsible for their own travel in Calgary.
- The group accommodation is within a 20 minute walk to the Oval and is located near a C-Train stop and shopping.
- Coaches will have access to a vehicle for grocery shopping and emergency purposes.

**EMERGENCY CONSENT AND ATHLETE/PARENT CONTRACT**

- Non-ALTP Skaters must return the attached Emergency Consent Form and Athlete/Parent Contract by Friday July 24<sup>th</sup>.

**DRAFT SCHEDULE**

	Sunday 16-Aug-15	Monday 17-Aug-15	Tuesday 18-Aug-15	Wednesday 19-Aug-15	Thursday 20-Aug-15	Friday 21-Aug-15
6:30			Warm-up	Warm-up	Warm-up	Warm-up
7:00			Calgary Oval Ice 7:00am - 8:40am	Calgary Oval Ice 7:00am - 8:40am	Calgary Oval Ice 7:00am - 8:40am	Calgary Oval Ice 7:00am - 8:40am
7:30		Arrival				
8:00						
8:30			Strength	Travel / Snack	Strength	Travel / Snack
9:00						
9:30				Calgary Velodrome		Calgary Velodrome
10:00		Lunch	Lunch		Lunch	
10:30						
11:00		Class	Class	Travel / Lunch	Class	Travel / Lunch
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00		Warm-up	Warm-up	Warm-up	Warm-up	Departure
15:30		Dry-Land Technical	Dry-Land Technical	Dry-Land Technical	Dry-Land Technical	
16:00		Calgary Oval Ice 4:20pm - 6:00pm	Calgary Oval Ice 4:20pm - 6:00pm	Calgary Oval Ice 4:20pm - 6:00pm	Calgary Oval Ice 4:20pm - 6:00pm	
16:30	Arrival					
17:00						
17:30						



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**CAMP REGISTRATION  
 DUE FRIDAY JULY 24, 2015**

<b>Athlete</b>	Name:	
	Date of Birth:	M / F

<b>Speed Skating Club</b>	Club:	
	Coach:	Coach E-mail:

<b>Personal Bests</b>	500m LT:	1000m LT:	1500m LT:	3000m LT:
	500m ST:	1000m ST:	1500m ST:	3000m ST:

<b>Fees</b>	<input type="checkbox"/> ALTP Member Skaters - \$400 <small>Includes camp ice and activity fees, and coaching support for the camp.</small>	<input type="checkbox"/> Non-ALTP Skater - \$500 <small>Includes camp ice and activity fees, and coaching support for the camp.</small>
	<input type="checkbox"/> Group Accommodation - \$400 <small>Includes 4 breakfasts, 5 lunches, 4 dinners, snacks, and 4-5 nights accommodation.</small>	
	Total (Payable to "CSCA" or "Canadian Sport Centre Atlantic"): \$ _____	

**CONTACT INFORMATION**

<b>Athlete</b>	Mailing Address: House	City	Province	Postal Code
	Phone:	Cell:	Email:	

<b>Parent / Guardian</b>	Name:	Phone:
	Relation:	Cell:
	E-mail:	Work:
	<input type="checkbox"/> Emergency Contact	

**MEDICAL PROFILE**

<b>Athlete</b>	Pre-existing or previous Illnesses or Injuries:
	Allergies:
	Current Medications:
	Note: Athletes should carry their provincial healthcare number with them.

**EMERGENCY CONTACT**

<b>Emergency Contact</b> <small>(Other than Parent or Guardian noted above)</small>	Name:	Phone #1:
	Relation:	Phone #2:
	E-mail:	Phone #3:



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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 group accommodations and whom you might have as a roommate.

From:	To:	With:
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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:
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### MAILING ADDRESS & CONTACT INFORMATION

Mail registration and fees to:

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

For information:

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



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**EMERGENCY CONSENT AND ATHLETE/PARENT CONTRACT**

- Non-ALTP Skaters must return the attached Emergency Consent Form and Athlete/Parent Contract by Monday September 30<sup>th</sup>.
- I/we hereby declare that I/we have read and fully understand the Atlantic Long Track Program Code of Conduct, and agree to abide by the terms therein.
- In the event of a medical emergency, I/we hereby authorize a representative of the Atlantic Long Track Program to give consent for any medical and/or surgical treatment that may be required.
- I/we hereby declare that I/we have read and fully understand the Atlantic Long Track Program Privacy Policy, and agree with the terms therein.
- In consideration of registering, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the Canadian Sport Centre Atlantic, Speed Skating Canada, and the Halifax Regional Municipality Oval, their agents officers or members or any sponsors including medical staff, for all and any injuries suffered by me for the duration of the program.

<b>Signatures</b>	Athlete:	Date:
	Parent /Guardian: <small>(If Athlete under 18 years)</small>	Date:

**EMERGENCY CONSENT**

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 you or your child receiving emergency medical care please complete the EMERGENCY CONSENT FORM for Atlantic Long Track Program coach(es), manager(s), and/or chaperone(s). In the event of a medical emergency, the form will accompany you or your child to the hospital/clinic so that medical treatment can be rendered.

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 2013-2014 Speed Skating season.

**PRIVACY POLICY**

Personal information collected by the Atlantic Long Track Program will be retained and used for the purposes that include communicating about Atlantic Long Track Program programs, events and activities.

I understand that by joining the Atlantic Long Track Program I am giving my consent for the Atlantic Long Track Program to use my information and photograph. I also understand that any photograph's taken may be used for the Atlantic Long Track Program's marketing through published materials, websites, and/or social media.

I understand that, by completing this form, the Atlantic Long Track Program is collecting certain personal information about my child, me and members of my family. I also understand that this personal information will be used only for the purposes of the Program, and that such use will necessarily involve the disclosure of this personal information to the appropriate area sport association(s) and/or the appropriate sport umbrella group(s), coach(s) and manager(s), and the use of such disclosed personal information by such association(s), group(s), coach(s) and manager(s) as may be reasonably be required in order to conduct the programs. I hereby consent to such collection, use and disclosure of this personal information.

I give permission for the Atlantic Long Track Program to utilize the above listed information for communication purposes relating to the Atlantic Long Track Program or appropriate sport umbrella group activities.

## **CODE OF CONDUCT**

### ***Purpose of the Policy***

This Policy is to ensure the safety and protection of all Atlantic Long Track Program members and participants during their training and competition experiences, define acceptable standards of behaviour for all Program members and participants, and eliminate inappropriate behaviour.

### ***Application of the Policy***

This Policy applies to all Program members and participants, which includes but is not limited to athletes, coaches, managers, parents, and service providers. This Policy applies during all events under the banner of the Program, which includes but is not limited to training, competition, travel, accommodation, and social media.

### ***Atlantic Long Track Program Code of Conduct***

#### ***Program Members and Participants are expected to:***

- Act as ambassadors for the Program, their Province, Provincial Sport Organization, and local club;
- Participate in the spirit of fair play, co-operation and respect for others at all times;
- Respect the rules of the sport;
- Regard participation in the Program as a privilege;
- Abide by established Program rules;
- Perform to their best ability in every training session;
- Perform to their best ability in every competition and accept with pride the result their effort brings;
- Be a fully registered member in good standing with respective Provincial Association;
- Pay all fees associated with being a Program member or participant;
- Have valid medical and liability insurance for the duration of participation in the Program;
- Live in an environment that is conducive to high performance achievements;
- Attend all sessions and activities;
- Be punctual and arrive properly prepared for all sessions and activities;
- Notify the coach at least 60 minutes before a session or activity if unable to attend;
- Respect opponents, and be gracious in victory and defeat;
- Respect the directions and decisions of competitive and other officials;
- Act in a manner that supports and enhances a safe environment, free from disrespectful, offensive, abusive, racist, or sexist comments or behaviours, for all Program members and participants.
- Obey all federal laws, provincial and territorial laws, and municipal by-laws, on alcohol consumption and illegal substance (drug) and tobacco use;

#### ***Program Members and Participants will not:***

- Verbally or physically abuse other Program members or participants nor other competitors;
- Show disrespect to officials, including the use of foul language and obscene or offensive gestures;
- Breach any of the rules of the Program, the sport, their Provincial Association, or Host Organization;
- Abuse, damage or destroy facilities or equipment;
- Fail to comply with rulings by officials, coaches, managers, or any other person in a position of authority or responsibility;
- Participate in any physical, verbal, or social media actions directed at any Program member or participant which will impact negatively on their ability to enjoy the experience of training and competition;

- Possess or consume an alcoholic beverage without the permission of the Long Track Coach, nor be found intoxicated. Members or participants who are not of the legal age in their province of origin are strictly prohibited from the possession and/or consumption of any alcoholic beverage.
- Possess or use any illegal drug or substance as defined by provincial and federal laws and/or the Canadian Anti-Doping Program.
- Indulge in any other unreasonable conduct which brings the Program into disrepute, including but not limited to, activities which disturb or disrupt the peace, infractions of municipal, territorial, provincial or federal laws.

### ***Types of Infractions***

Breaches of this Code of Conduct are divided into two types: minor infractions and major infractions.

Minor infractions include, but are not limited to:

- Single instances of disrespectful behaviour
- Single instances of unsporting behaviour such as arguing
- Regularly being late for, or absent from, Program activities or functions
- Failing to follow the dress code
- A minor disturbance or disruption
- Other similar infractions of minor severity

Major infractions include, but are not limited to:

- Repeated minor infractions
- Unsportsmanlike conduct such as fighting
- Major disruptions
- Unauthorized use of alcohol, or use by a minor at any time
- Pranks, jokes, or other activities which endanger the safety of others
- Possession or use of illegal drugs
- An anti-doping rule violation under the Canadian Anti-Doping Program
- Other similar infractions of major severity

### ***Disciplinary Sanctions***

The following are examples of disciplinary sanctions that may be applied, singly or in combination, by the Long Track Coach. Other sanctions may be applied depending on the circumstances. These sanctions are listed generally in increasing order of severity:

- a) Issue a verbal reprimand or warning;
- b) Dismissal from training;
- c) Issue a written reprimand or warning to be filed with the Provincial Association where relevant;
- d) Require a verbal apology to such parties as are appropriate;
- e) Require a written apology to such parties as are appropriate;
- f) Suspension from training;
- g) Scratch or expulsion from competition;
- h) Return home, at own cost, following expulsion from a competition;
- i) Discharge from the Program;
- j) Prohibit from further enrollment or participation in the Program.

In applying sanctions the Long Track Coach may have regard to the following aggravating or mitigating circumstances:

- The nature and severity of the infraction;
- Whether the infraction is a first offence or a repeat offence;
- The acknowledgement of responsibility;
- The extent of remorse;
- The age, maturity or experience level; and



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- The prospects for rehabilitation.

In addition to the provisions of this Policy, the Long Track Coach and/or representative of the Program, if it is deemed appropriate, contact local police concerning the behaviour of any Program member or participant.

Also, a member or participant may be subject to further disciplinary procedures by their Provincial Association, in addition to the disciplinary procedures set out in this Policy.

### ***Discipline Procedures***

Any Program member or participant accused of an infraction will be subject disciplinary sanctions depending on the severity.

#### **Minor Infractions**

- The individual will be informed verbally or in writing that they have been accused of an alleged infraction,
- When necessary the individual and the coach will meet to document the infraction,
- Appropriate disciplinary sanctions will be applied using the guidelines outlined in the Policy, including steps and timelines required to remedy the situation.

#### **Major Infractions**

- The individual will be informed verbally or in writing that they have been accused of an alleged infraction. Where the individual is a minor their parents or guardians will also be notified of the alleged infraction,
- The individual will have the chance to submit a written or verbal report,
- The individual may be suspended from further participation until a decision is reached,
- As soon as possible the individual, the coach, and when available a representative the individual's Provincial Association will meet to document the infraction,
- Appropriate disciplinary sanctions will be applied using the guidelines outlined in the Policy, including steps and timelines required to remedy the situation.
- The infraction may be referred to the applicable Provincial Association for further sanctions.