

SUMMER DAY CAMPS



Atlantic Long Track
Longue Piste Atlantique

SATURDAYS
JULY 25,
AUGUST 8,
& AUGUST 29

HALIFAX

THE ATLANTIC LONG TRACK SUMMER DAY CAMPS:

- 3 individual Saturdays of dryland and ice instruction to prepare for the upcoming skating season.
- \$50.00 per session discounted when registering for multiple sessions.
- Each day will feature a 60-minute class session, 90-minute dryland session, and a 110-minute ice session.
- Dryland and ice instruction will be developmentally appropriate for skaters in the Training-to-Train (11-15 years) and Learning-to-Compete (15-21 years) stages.

VENUES:

- Canada Games Centre (CGC) – 26 Thomas Raddall Drive, Halifax
- St. Margaret's Centre (SMC) – 12 Westwood Boulevard, Upper Tantallon

DATES AND SCHEDULE:

| | Class Topic 9:30am-10:30am CGC | Dryland Objective 10:30am-12:00pm CGC | Ice Objective 1:00pm-2:50pm SMC |
|--------------------------|-----------------------------------|--|------------------------------------|
| Saturday July 25, 2015 | Setting Daily Training Goals | Balance and Body Position | Straight Technique |
| Saturday August 8, 2015 | Planning for Nutrition | Body Position and Corners | Corner Technique |
| Saturday August 29, 2015 | Video Analysis | Reaction and Speed | Start Technique |

FEES:

- \$50 when registering for 1 day
- \$90 when registering for 2 days
- \$120 when registering for all 3 days
- Note: camp fees have already been included in the program fees for Atlantic Long Track HP & ID members.

REGISTRATION DEADLINES:

- Wednesday July 15th for the full 3 sessions or single sessions.

REQUIRED EQUIPMENT:

- Skaters should wear equipment compliant with Speed Skating Canada's rules D3-100 for Short Track Competition.
 - Please inquire to tlandon@speedskating.ca if there are questions.

INFORMATION:

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

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REGISTRATION FORM

SKATER INFORMATION:

| | | | |
|---------------|-------------------------------|---------------------------------|------|
| NAME: | | | |
| BIRTHDATE: | <input type="checkbox"/> MALE | <input type="checkbox"/> FEMALE | |
| ADDRESS: HOME | CITY | PROV | CODE |
| EMAIL: | TELEPHONE: | | |
| 2014-15 CLUB: | COACH | | |

MEDICAL PROFILE:

| |
|---|
| PRE-EXISTING OR PREVIOUS ILLNESS OR INJURIES: |
| ALLERGIES: |
| CURRENT MEDICATIONS: |

EMERGENCY CONTACT:

| | |
|--------|-----------|
| NAME: | RELATION: |
| PHONE: | CELL: |
| | EMAIL: |

PAYMENT:

| | | | | | |
|-------------------------------------|--|---|------------------------------------|--|-----------------|
| <input type="checkbox"/> 3 Sessions | | | | | \$120.00 |
| <input type="checkbox"/> 2 Sessions | <input type="checkbox"/> July 25, &/or | <input type="checkbox"/> August 8, &/or | <input type="checkbox"/> August 29 | | \$90.00 |
| <input type="checkbox"/> 1 Session | <input type="checkbox"/> July 25, or | <input type="checkbox"/> August 8, or | <input type="checkbox"/> August 29 | | \$50.00 |
| Total | | | | | |

Forms and fees due **Wednesday July 15, 2015.**

Please make fees payable to the "Canadian Sport Centre Atlantic" or "CSCA".

INFORMATION:

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|---|--|
| <ul style="list-style-type: none"> Todd Landon, Long Track Coach cell: 902-210-1600 e-mail: tlandon@speedskating.ca fax: 902-425-5928 | <ul style="list-style-type: none"> Atlantic Long Track c/o Canadian Sport Centre Atlantic 26 Thomas Raddall Drive, Suite 166 Halifax NS B3S 0E2 |
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