



**SPEED SKATE NOVA SCOTIA
LONG TRACK CAMP
HALIFAX EMERA OVAL
DECEMBER 28-30, 2016**

Kick off the Long Track season or immerse in more speed skating with three days of technical instruction on Halifax's Emera Oval. Programs are offered for the competitive, developmental, and recreational skaters.

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| Date | <ul style="list-style-type: none"> December 28-30, 2016 |
| Location | <ul style="list-style-type: none"> Halifax Emera Oval (Oval) – Halifax Common off of Cogswell Street Canada Games Centre (CGC) – 26 Thomas Raddall Drive For a detailed map check: https://mapsengine.google.com/map/edit?mid=zPUsxtTrxTKE.kLtQLN8O2UeQ |
| Hosted by | <ul style="list-style-type: none"> Speed Skate Nova Scotia |
| Programs | <ul style="list-style-type: none"> Ice, dryland, and presentation programs for competitive, developing, and recreational skaters. Identify program preference on the registration form. |
| Camp Fee | <ul style="list-style-type: none"> \$40.00 Please make fees payable to "Speed Skate Nova Scotia". |
| Recommended Accommodations | <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">CAMBRIDGE SUITES HOTEL <small>halifax</small></p> <p style="text-align: center;">Cambridge Suites Hotel 1583 Brunswick Street, Halifax 1-800-565-1263 www.cambridgesuiteshalifax.com/reservations/</p> </div> <div style="width: 45%;"> <p>Speed Skate Nova Scotia Rates:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Studio Guestrooms - \$115 <input type="checkbox"/> 1-Bedroom Suite - \$135 <input type="checkbox"/> 1-Bedroom Suite / kitchen - \$160 <input type="checkbox"/> Rates are valid until March 31, 2017 <p>Reservations can be made in 2 ways:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call the hotel and ask for the Speed Skate Nova Scotia rate. <input type="checkbox"/> Book online with the Promo/Corporate Code – SPEED. </div> </div> <p>All rates include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complimentary Deluxe Continental Breakfast <input type="checkbox"/> Complimentary internet access & local calls <input type="checkbox"/> Discounted overnight heated parking \$10/night |
| Transportation | <ul style="list-style-type: none"> Participants are responsible for their own transportation between programs at the Halifax Emera Oval and the Canada Games Centre. |
| Meals | <ul style="list-style-type: none"> Participants are responsible for their own snacks and meals. |
| Due | <ul style="list-style-type: none"> December 16th, 2016 <ul style="list-style-type: none"> Camp registration form and fees Submit to info@speedskatens.ca |
| Contact | <ul style="list-style-type: none"> Long Track Camp Speed Skate Nova Scotia 5516 Spring Garden Road, 4th Floor Halifax NS B3J 1G6 Telephone: 902.425.5450 x 371 Fax: 902.425.5606 Email: info@speedskatens.ca Web: www.speedskatens.ca Twitter: @SpeedSk8NS |



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| | | Wednesday December 28 | Thursday December 29 | Friday December 30 | |
|-------|--|--------------------------|-------------------------|-------------------------|-------|
| | | 7:30 | | Warm-up | |
| 8:00 | | | Change Break | Change Break | 8:00 |
| 8:30 | | | Ice | Ice | 8:30 |
| 9:00 | | | 8:30am-9:30am | 8:30am-9:30am | 9:00 |
| 9:30 | | | | | 9:30 |
| 10:00 | | | | | 10:00 |
| 10:30 | | | Dryland/Presentation | Dryland/Presentation | 10:30 |
| 11:00 | | | 10:30am-12:30am | 10:30am-12:30am | 11:00 |
| 11:30 | | | Dryland/Presentation | Dryland/Presentation | 11:30 |
| 12:00 | | | 11:30am-12:30pm | 11:30am-12:30pm | 12:00 |
| 12:30 | | | | | 12:30 |
| 13:00 | | | | | 13:00 |
| 13:30 | | | | | 13:30 |
| 14:00 | | | | | 14:00 |
| 14:30 | | | | | 14:30 |
| 15:00 | | Warm-up | Warm-up | Warm-up | 15:00 |
| 15:30 | | Change Break | Change Break | Change Break | 15:30 |
| 16:00 | | Ice | Ice | Racing 4:00pm-6:00pm | 16:00 |
| 16:30 | | 4:00pm-5:00pm | 4:00pm-5:00pm | | 16:30 |
| 17:00 | | | | | 17:00 |
| 17:30 | | | | | 17:30 |
| 18:00 | | | | | 18:00 |
| | | Canada Games Centre | Halifax Emeral Oval | | |

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| Required Equipment | <ul style="list-style-type: none"> • Skaters 15 years of age and over should wear equipment compliant with Speed Skating Canada’s rules D3-200 for Long Track Olympic Style Competition. Skaters under 15 years of age should wear equipment compliant with Speed Skating Canada’s rules D3-300 for Long Track Mass Start Competition, and D3-301 for Additional Protective Equipment for Participants Under 15 Years of Age. |
| | <ul style="list-style-type: none"> • Skaters 15 years of age and over (D3-200) <ul style="list-style-type: none"> • Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema. • Skate Blades – rear tip of both skater blades shall be rounded to a minimum radius of 1cm. |
| | <ul style="list-style-type: none"> • Skaters under 15 years of age (D3-300 & D3-301) <ul style="list-style-type: none"> • Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema. • Eye Protection – shatter resistant glasses held in place with a strap or complete visor. • Hand Protection – leather or synthetic glove offering cut or puncture resistance. • Shin Protection – hard plastic and puncture resistant full frontal shin coverage. • Skate Blades – rear tip of both skater blades shall be rounded to a minimum radius of 1cm. • Head Protection – a helmet must be worn. • Knee Protection – impact absorbing full frontal knee coverage. • Neck Protection – neck protection made of Kevlar, Dyneema, or ballistic nylon. |
| Other | <ul style="list-style-type: none"> • Contact info@speedskatens.ca for the speed skating schedule on the Oval if you plan on arriving in Halifax prior to the Camp. • Join HRMOVALSPDSK8 on Remind for Halifax Oval speed skating updates. Sign up by sending a text message to (902) 812-1103 with the message @ovalspdk8. |



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**CAMP REGISTRATION
DUE FRIDAY DECEMBER 16th, 2016**

| | | | |
|----------------|----------------|--|-------|
| 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: |

| | | | |
|---|--------------------------------------|---------|--|
| Fees | <input type="checkbox"/> Competitive | \$40.00 | |
| | <input type="checkbox"/> Development | | |
| | <input type="checkbox"/> Recreation | | |
| | Total: | | |
| Note: Make cheque for camp fee payable to <u>"Speed Skate Nova Scotia"</u> or <u>"SSNS"</u> . | | | |

CONTACT INFORMATION

| | | | | |
|----------------|------------------------|-------|----------|-------------|
| Athlete | Mailing Address: House | City | Province | Postal Code |
| | Phone: | Cell: | Email: | |

| | | |
|----------------------------------|-----------|--------|
| Parent / Guardian 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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CLUB/PROVINCIAL REGISTRATION FORM

Please submit club/provincial registration list by noon **Friday December 16th 2016**.

Please remit individual/club/provincial payment, payable to "Speed Skate Nova Scotia" or "SSNS", by the registration deadline **Friday December 16th, 2016**, or make arrangements to do so at the camp on **Wednesday December 28, 2016**.

| | |
|----------------|------------------------|
| Club: | Contact Person: |
| E-mail: | Phone: |

Camp Skaters (please use a second page if additional space is required)

| Name of Skater | | Sex | Birthdate | | | Program | | |
|----------------|-------|-----|-----------|----|----|-------------|-------------|------------|
| Last | First | | DD | MM | YY | Competitive | Development | Recreation |
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Club Coaches Attending

| Name of Coach | Coaching Level | NCCP# | |
|---------------|----------------|-------|--|
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Payment Due

of Competitive Program Participants _____ x \$40.00 = \$ _____
 # of Development Program Participants _____ x \$40.00 = \$ _____
 # of Recreation Program Participants _____ x \$40.00 = \$ _____

Total = \$ _____