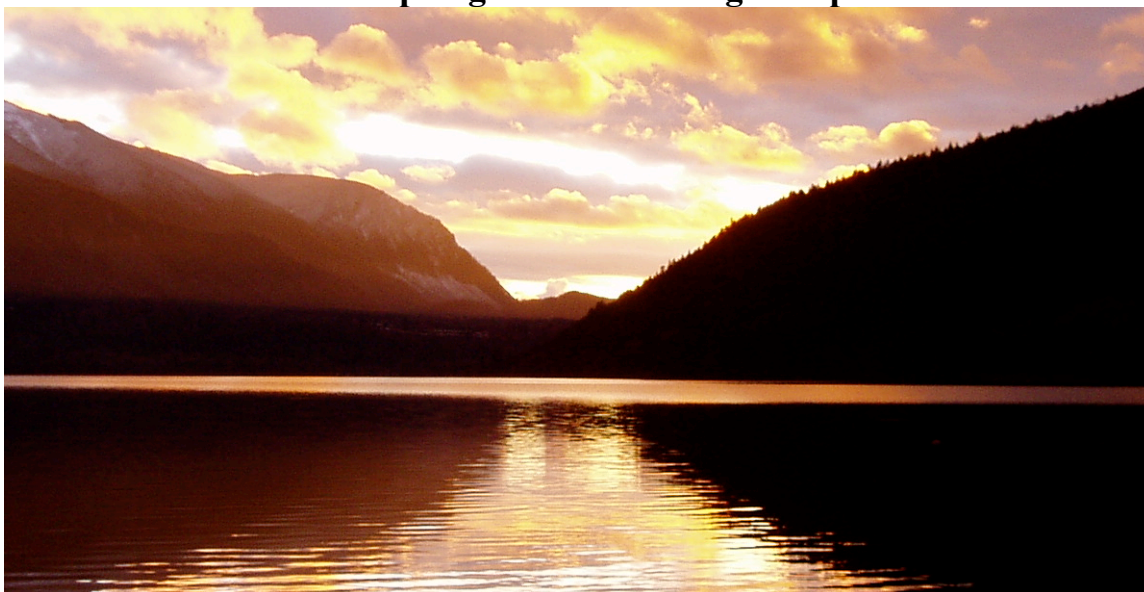


Chilliwack Spring Break Training Camp – 2013



Camp Dates:

Full Camp March 23rd -April 7th

First Week Option – March 23rd –March 31st (Calgary/Edmonton/Canmore Spring Break)

Second Week Option – March 30th – April 7th (Pincher Creek, Sundre, Canmore Spring Break)

Time line:

March 10th – Submission of interest

March 15th – Deposit Due (returnable in the event of cancellation by ASCK or Athlete illness/injury with Doctor verification)

March 23th – Mike To Chilliwack

March 30th – Rural athletes depart to Chilliwack

March 31st – Calgary/Edmonton school athletes return home

April 7th – Mike Returning to Alberta

Deposit Due March 15/13:

\$200. Remainder due on return. Please make this payable to ASCK and deliver it Chuck Lee, Box 162 Lundbreck, AB T0K 1H0

Athletes Confirmed:

Week 1:

Nick A

Mathius H?

Adel H?

Zach F?

Week 2:

Ryley P?

Hannah P?

Veronica O?

Coach(es):

Mike Holroyd – AB Head Coach

Transportation: \$200-250 driving - \$325 Drive + fly

Transport will depend on numbers. We will use the AWA van and personal cars. Possibly some athletes will fly one way and drive in the van the other. Once we have an idea of how many are interested, then we can solidify the costs.

- Van - \$200/person round trip
- Van – \$125/person one way + shuttle
- One way flight - ~\$200
- Or a driver brings a mini van with rural kids on 30th returning on the 31st with Cal/Edm. cost \$125/per based on 5 ath ea way. Boats go in trailer.

Accommodation:

We're working on Homestays with Chilliwack athletes. When they come out to Nationals, they might want homestays too.

Cultus Lake Cabins – <\$34/nt/per. Depends on # of participants (lots of options of accom).

Food:

We will cook and eat together with host families, or as a group if we don't homestay. ~\$100/wk

Facilities:

15\$ for gyms and pools

Total costs: \$500-550 1week, \$650-750 2 weeks (with homestay) – add \$200/ week if hotel.

Travel expenses: \$250transp +\$100food + homestay or hotel

Coaching fees:

HP Program athletes – included

Winter Training Program athletes - \$125/wk

Other athletes - \$175/wk

Training sites: Tamahi Rapid (water dependent)
Leisure Center (pools)
Cultus Lake
The Highway gates (flatwater)

Training Plan: This will be a technical camp, aimed at improving stroke placement and efficiency. We will do lots of WW work and focus on the course. Training locations will be water level and weather dependent.

More Detailed Training Plan to Follow

Levels: HP and Development level athletes are welcome. If you went to ASG last year, this is perfect for you. Having a roll is recommended.

Homework: Time will be set aside each day for everyone to do homework.

Forms: If you haven't already filled out the forms attached, in **2013**, please do prior to the camp start date and submit to Mike Holroyd 705 18 Ave NW, Calgary AB T2M 0V2. Please note that **failure to provide these forms** will result in not being able to attend the camp. You must be a current member of an AWA Club to attend. Thank you

Equipment List

Boat + small repair kit. (duct tape)
Paddle X 1 or 2(spare)
Lifejacket

Helmet
Paddling top and spray deck
Under layers (preferably polypropylene or fleece)
Neoprene pants
Poggies
Booties
Big warm jacket - to go over paddling gear while on shore between runs
Water proof jacket
Sleeping bag
Toiletries
Medication
Watch
Water bottle
Running shoes
Indoor clothes for gym
Outdoor clothes for running
Swim gear
Street clothes
Homework
Enthusiasm
Forms: Please fill out the attached forms and e-mail to Mike H. and bring hard copies with you.