



**Cross Country Sask Fall Dryland Training Camp in Waskesiu  
September 22-24, 2017  
Camp Notice**



Hi Skiers! Please mark September 22-24, 2017 on your calendars and consider attending the CCS Fall Dryland Training Camp in Waskesiu. Spend a week in beautiful Prince Albert National Park training on great trails, rollerskiing on great roads, and hanging out with some of your favourite people!

**Registration** is online at

<https://zone4.ca/register.asp?id=15979&lan=1&cartlevel=1>

There is a short window that registration is open.

**The Registration deadline is the evening of August 31<sup>st</sup>, 2017**, because registration for the Outterlimits Fun Run closes on September, and it is important to confirm the number of participants needing accommodation well ahead of time.

**The registration fee is \$140** and includes two nights of accommodation and team supper on Saturday. There is also an option to exclude accommodation if you have a cabin in town (**\$40**). Parents can stay at the accommodation and take part in the team supper for **\$130**.

The training camp is open to cross country skiers from Bantam to Senior ages (2007 YOB and older).

For the youngest group of skiers (Bantam and Midget) coach Alison Meinert will be dedicated to help introduce them to dryland ski training and help prepare them for this year's Saskatchewan Winter Games. The older athletes (Juvenile to Senior) will be led by Andrew Brisbin. Additionally, skiers from the Augustana Vikings from Camrose, Alberta and their coach Lowell Niven will be in attendance to train with, as well as to help mentor younger athletes. If there are any coaches or parents who will be in attendance and will not be preoccupied with the T2T or Officials course, please let Andrew Brisbin 306-281-3423 [andybrisbin@hotmail.com](mailto:andybrisbin@hotmail.com) if you are able to help out with training activities.

When registering for the camp, there is an option to choose "Training Group". If you already know which training level you want for the camp, please select it. All athletes will be together as much as possible, but may divide for age-appropriate training and activities.

#### **Coaching Course and Officials Course:**

There be a T2T Dryland Coaching Course, as well as a Level 2 Officials Course taking place in Waskesiu at the same time as the training camp (how convenient!) This way parents can take an officials course while there kids are at the training camp, or parents and club coaches can take the T2T Dryland Course, if they've already taken the L2T courses. Geoff Wilson is organizing the coaching course, which will be facilitated by Mike Neary, and Dan Brisbin is organizing and facilitating the officials course. Look for the notices and zone4 registration for those courses to be sent out separately. On the zone4 registration for the training camp there is a way for parents to register and pay for accommodation for themselves. There will be the same option on the coaching course and officials registration pages. Don't pay for accommodation twice! The Outterlimits Fun Run discount code is open to parents, coaches, and officials as well, but double check with your courses facilitator that the course schedule will allow you to take part in the run.

#### **Outterlimits 5km/10km Fun Run:**

The popular running race is once again being used as a part of the training camp, the morning of Saturday, September 23<sup>rd</sup>. Last year the run had over 600 participants! The organizers have provided the Cross Country Sask group a \$15 discount code for awchich is " **Drylanders** ". **Registration for the running race is done separately from training camp registration and it's the responsibility of the individual participants to get this done prior to September 1<sup>st</sup>.** With the

discount code, registration is \$55, and includes a Hydroflask stainless steel water bottle and Outterlimits sweatshirt. Registration for young kids (12 and under) is \$16.50, and includes a treat bag, but not a waterbottle or sweatshirt. The discount code is not applicable for kids registration. Please keep the discount code within the ski community as it is only applicable for 50 entries and we are hoping to have 50 athletes, parents, coaches and officials in Waskesiu.

<https://www.outterlimits.com/outter-limits-fun-run-2017/>

Parents, athletes, coaches and officials feel free to register. However, those participating in the T2T Dryland Course and Level 2 Officials course, please confirm with the organizers of those courses that the schedule will accommodate the Fun Run, before registering for it.

For athletes under 18 years old, it is highly recommended that they register for the 5km, instead of the 10km. We are treating this as a race, with a good warm up and cool down and not just an easy training run. If you feel strongly that you'd like to run the 10km, please contact Andrew Brisbin at 306-281-3423 [andybrisbin@hotmail.com](mailto:andybrisbin@hotmail.com) before registering.

### **Training:**

The exact training schedule is being developed, but training activities will include:

- skate rollerskiing
- double poling on rollerskis
- Outterlimits 5/10km Fun Run
- CCC Strength Test
- Ski hiking/ trail running
- Rollerski agility course

Please let Andrew Brisbin know in advance if you are in need of rollerskis. As always, helmets will be absolutely mandatory for all rollerski activities.

### **Accommodation:**

Lodging for the camp is provided at the Waskesiu Lake Lodge and Hawood Inn on Lakeview Drive. For those who choose the "full package" during registration, accommodation will be divided up with a rooming list, so you do not have to worry about booking anything. Simply register for the camp and your room assignment will be sent to you before the camp. For those who have their own lodging in the area, there is an option during registration to exclude team accommodation. All the suites that we are using have small kitchens for meals.

### **Food:**

**As with all CCS Camps and Trips, this camp is 100% peanut free, because of a deadly peanut allergy.**

Most meals and snacks are the responsibility of athletes and parent. Once you have your rooming list, feel free to organize meals ahead of time with your roommates.

Saturday evening is the exception. There is a planned team meal in the Waskesiu Lake Lodge conference room. The meal is included in the camp fee. If there are any parents who are willing to volunteer to help coordinate and prepare the team supper it would be greatly appreciated. Please contact Andrew Brisbin at 306-281-3423 or [andybrisbin@hotmail.com](mailto:andybrisbin@hotmail.com) .

Feel free to direct any questions to Andre Brisbin.