



Flin Flon Nordic Race Team
Summer Ski/Paddle Conditioning Camp
July 13th-15th, 2018
Flin Flon, Manitoba

Looking to improve your off-season fitness level for skiing?

Looking to learn more about canoe racing as an off-season training activity? Just want to hang out and train with some other hardcore fitness athletes? If you answered yes, then the FFSC Canoe/Ski camp is for you. Join top notch instructors and find out how to raise your game in both skiing and marathon paddling. The camp is limited to 24 athletes so register early to avoid disappointment.

NOTE: Athletes participating in the on-water portion of the course MUST attend the Friday evening water safety orientation sessions. Hotel/campsite accommodations are available. Registrations sent to Dean Grove at bigisland5959@gmail.com.

Camp Schedule

Friday, July 13th, 2018

4:00 p.m. CCS fitness testing
(site-TBD)

6:00 Supper at chalet

7:00 Water safety orientation sessions (Phantom Lake)

9:00 Day 1 wrap up-chalet

Saturday, July 14th

9:00 am-Ski bounding session

10:30 nutrition break

11:00-Roller Skiing

12:30-Lunch

2:00 Paddle session

3:30 Nutrition break

4:00- strength and conditioning

6:00 pm Supper (chalet)

7:00-Summer conditioning presentation/stretch/cooldown

Call Dean at 204.923.0315 for any questions.

Sunday July 16th

8:00 Group breakfast-chalet

9:00 Roller Ski session

10:30-Nutrition Break

11:00-12:30-Mini competition
(paddle/ski)

12:30-1:00-wrapup

1:00 Lunch and Goodbyes

Instructional Staff

Andrew Brisbin-Entering his third year as Saskatchewan's high-performance ski coach, Andrew has skied in national, university and international level competitions.

Brett Unrau - a top skier in his own right, Brett has been the head coach of the Flin Flon Nordic Ski team for the past nine years. A fitness enthusiast, Brett is always looking for new ideas to help his athletes attain greater fitness levels. Alumni from his program have gone on to represent Saskatchewan at Sask Winter Games, University, Western Canada and National level championships.

Rick Hall- A noted paddle builder, Rick brings a wealth of experience about the technical aspects of canoe racing. Rick and his partner Bob Jarvis participated in professional level canoe races across Canada and the United States for many years.

Bob Jarvis

The current High-Performance chair for Cross Country Saskatchewan and co-coach with the Flin Flon Nordic team, Bob Jarvis has used canoe racing to cross train for cross country skiing for many years. Bob has skied and paddled at the provincial level and beyond.

Registration Form: Registration deadline is July 11th, 2018

Name _____ Gender: M ___ F ___

Date of Birth _____ (DD/MM/YYYY)

(participants under 12 must be pre-approved by instructors)

Medical number _____ (Sk or MB)

Medical conditions which may impact participation in the camp

Other Important info _____

Attached CCS waiver signed and enclosed? yes no

T-shirt size AS ___ AM ___ AL ___ AXL ___ AXXL

Cost: 30.00 per athlete. Cheques made payable to the Flin Flan Ski Club.

Note: Athletes with roller skis should bring them, as well as high visibility clothing and all associated safety gear including helmets. Running shoes and athletic apparel should be available for the other land-based training sessions. Waterproof clothing and wind gear is recommended for the paddling sessions. Special dietary considerations should be noted under "other" information.

As parent or guardian, I understand the risk of injury associated with participation in this camp and give my consent for my son/daughter to participate.

Parent Signature _____ Date _____