

Cross Country Saskatchewan Spring Dryland Camp in Regina



Friday, June 8th to Sunday, June 10th, 2018

It's time to kick off the dryland training season with a provincial training camp! The Spring Dryland Camp will be held in Regina. The Camp will be open to ski racers of a wide variety of ages: from Peewee to Senior age categories (born 2010 and older).

There will be 3 Training Groups at the Camp with separate coaches dedicated to each group:

- Learn to Train (L2T) PeeWee and Bantam aged skiers
- Train to Train (T2T) Midget and 1st year Juvenile skiers
- Canada Winter Games – those training to compete at the 2019 CWG in Red Deer

If you are unsure about which Training Group to register under, please ask.

University of Regina Physiology Lab Testing

Although the Camp will start at 5pm on Friday evening, there will be Lab testing available for Canada Winter Games candidate athletes throughout the day on Friday at the Dr. Schwann Centre at the University of Regina. Half of the cost of the testing is subsidized by CCS. (Cost is \$165.00, athletes pay \$82.50)

The testing will include a VO2 Max test on a running treadmill and a Functional Movement Screen (FMS)

Registration and Schedule

Requirements: Athletes need to be born in 2010 or older, have an active membership with a registered CCS ski club and have a passion for cross country ski racing.

Camp registration includes a Team BBQ on Saturday evening, graciously organized by the Regina Ski Club.

Registration for all age categories is \$70 + fees and taxes

Registration for those taking part in the Testing is \$152.50 (\$70 camp fee + \$82.50 testing cost)

The camp will begin at 5pm on Friday, June 8th for all training groups.

The camp will conclude early afternoon on Sunday, June 9th (1.30-2pm)

Camp activities will be scattered around Regina.

A detailed camp schedule with training locations and activities will be sent out before the camp.

Registration is on zone4 at <https://zone4.ca/register.asp?id=18269&lan=1&cartlevel=1>

Registration closes on the evening of Tuesday, June 5th.

Activities will include:

- Fitness Testing (strength test and track TTs)
- Saturday Team BBQ
- Rollerskiing through the Wascana Park trail system
- Trail running and ski striding at Douglas Park
- Trail running, ski hiking and orienteering at White Butte
- Strength Training

Mental Training

Sports Mental Trainer Lisa Hoffart on Friday evening at Leibel Field. Lisa will also help the group with Goal Setting, following the Team BBQ on Saturday evening. Lisa will be working with many sports team in the lead up to the 2019 Canada Winter Games and will be the Team Sask Mental Trainer at the Games.

Accommodation

Accommodation is NOT included in the camp fee. Accommodation is the responsibility of individuals there is not a specified "camp hotel"

Gear:

- Skate rollerskis, poles, boots
- Helmet for rollerskiing **-Absolutely mandatory**
- Running shoes
- Ski striding poles (about 10-15cm shorter than classic poles)
- Drink belt
- Clean, indoor training shoes (strength)
- All CWG Candidate athletes need to bring a heart rate monitor

During the zone4 registration there is a section to select whether or not you need to borrow rollerskis for the Camp, and if so, which binding type you require.

We'll see you in Regina! If you have any questions, please ask.

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