

Cross Country Saskatchewan Fall Dryland Camp in Waskesiu



Friday, September 21st to Sunday September 23rd , 2018

The Camp is 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
- *a skier may participate in a different training with prior notice and on the recommendation of their club coach

Registration and Schedule- Registration is now live on zone4.ca

<https://zone4.ca/register.asp?id=18841>

Registration will close at 23:59 on Friday, September 14th.

The Camp registration page is currently capped at 50 participants.

Requirements:

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

Camp registration includes a Team Supper on Saturday evening.

There will be an optional training session offered for those in the Canada Winter Games training group at 2pm on Friday, September 21st.

The camp will begin for all categories at 5pm on Friday, September 21st. Participants are encouraged to arrive between 4pm – 4.30pm to allow time to check into the accommodation before the start of training activities.

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

Activities will include, but will vary from group to group:

- Strength fitness testing
- Rollerskiing (agility course, speed, easy distance)
 - o Skate skiing for L2T and T2T training groups
 - o Skate and Classic Skiing for CWG training group
- Trail running
- Team Games

****Outerlimits Fun Run – A 5km /10km Fun Run on the morning of Saturday, September 22nd. Official registration for the Fun Run is closed (deadline was August 31st). However, participation by CCS Camp attendees is being coordinated. Stay tuned for further details.**

Coaches and Parent Helpers

We are fortunate this year to have a wide variety of coaches and mentor athletes, leading various training groups at the Fall Camp.

Stephen Novosad will in Waskesiu evaluating a number of coaches, and is happy to help with the training camp where time permits. Stephen is Cross Country Canada's Technical Coordinator of Coaching Development. The CCS coaches that he will be evaluating with be coaching the T2T athletes at the camp.

A number of University of Alberta – Augustana Vikings athletes will be attending with their coach Les Parsons.

Alison Meinert will be leading the L2T training group, as she has done at the 2018 CCS Spring Camp in Regina, 2017 Snow Camp in Lake Louise and 2017 Fall Camp in Waskesiu.

CCS High Performance Coach – Andrew Brisbin will be leading the CWG Training Group along with attending CWG Coaches.

If you are a club coach or parent who will be attending the camp, your help is always appreciated, whether is helping coach and supervise training groups or preparing Saturday evening's Team Supper.

If you are an attending club coach or parent, please register on the zone4 page. Even if you are not staying at the Team Accommodation then your attendance at the Camp is free. This way we know that you will be in town and will to help.

L2T Coaching Workshop and Level 2 Officials Course

CCS has also organized a couple of other activities that will be running concurrently with the training camp. If you are a parent or club volunteer, please consider taking either the L2T Dryland Coaching Workshop (prerequisite: Community Coach) or Level 2 Officials course (prerequisite: Level 1, available online). Both certifications would greatly help you club and the Saskatchewan ski community.

The L2T Dryland Coaching Workshop will be facilitated by Jeff Whiting

Register at: <https://zone4.ca/register.asp?id=18639&lan=1&cartlevel=1>

Deadline: September 19th 19:00

The Level 2 Officials Course will be facilitated by Al Theede.

Register at: <https://zone4.ca/register.asp?id=18829&lan=1&cartlevel=1>

Deadline: September 19th 19:00

Accommodation

Team accommodation will be at the Waskesiu Lake Lodge. If you will be providing your own accommodation (you have a cabin in town, you'll be camping with your family, etc) there is the option during registration to EXCLUDE team accommodation.

Food:

- Meals and snack throughout the duration of the camp are the responsibility of the participants. Team accommodation will have kitchenettes with fridges, ovens, stoves, microwaves, dishes, cutlery, etc.
- There will be a Team Supper on the evening of Saturday, September 22nd. Cost of the supper is included in the Camp Fee.

Gear:

- Skate rollerskis, poles, boots (bring Classic rollerski gear if you have it)
- Helmet and High Visibility Clothing for rollerskiing -**Absolutely mandatory**
- Running shoes
- Ski striding poles (about 10-15cm shorter than classic poles)
- Drink belt

- Clothes for all weather conditions.
- 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 Waskesiu! If you have any questions, please ask.

Andrew Brisbin – CCS High Performance Coach/Coordinator

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