

Alberta Spring Break Training Camp Sacramento, California, March/April 2014



Alberta has been holding West Coast Spring Break training camps since at least 1994. It is a great opportunity to stretch the training season by getting an early start. Our goal is to do lots of technical work (slalom, polo, ww) as well as training hard to increase fitness in the boat and learn about what it takes to be an elite paddler. A variety of US paddlers may join us for the camp.

The athletes will pay the transport cost and coaching.

Dates: March 21 – 30 (Calgary/Canmore/RD Catholic) & March 28 – April 6 (Edmonton/Canmore/)

Total cost: \$750-\$1250 see below

- Coaching - \$0 - \$195
- Travel – \$750 - \$1050

Submission of interest deadline: January 19th

Deposit Due: February 1st \$500. Please make this payable to ASCK and deliver it to Mike. Remainder due on return.

Itinerary:

1: (Calgary)

Mar 21 – Depart, drive to Cali

Mar 23 – Start Training

Mar 30 – Return to Alberta

2: (Edmonton)

Mar 28 – Depart

Mar 30 – Start Training

April 5 – Drive home

Passport & Travel Papers: You need to confirm you have a valid Passport along with the Deposit. You will also need a notarized letter showing that it is ok for the coach to travel to the

US with your athlete, if under 18. In order to reduce the # of letters you need to get this year we suggest you get one that includes any other trips to the USA you plan to make with Alberta coaches in 2013 (Coach names will be confirmed by January 15).

Health Insurance is also recommended.

Athletes Confirmed:

Calgary+ Week -

Jocelyn Taylor (Mark, Michelle, Braeden)

Nick Atkinson

Darius Ramrattan

Edmonton+ Week -

Transportation Options (to be confirmed Feb 1st):

- Drive: YYC to Placerville - 2400km ea way. ~24+hrs.
 - Van
 - Own Vehicle
- Fly: Sacramento (45min drive) or San Francisco (2hr drive)

Ground Transport

AWA Van

Rental vehicle if necessary

Accommodation:

Camping -

Food: We will cook and eat as a group ~135\$/wk (if we have kitchens)

Facilities: Water - Free. We will need to set up some gates.

Coaching: Mike Holroyd and/or Keegan Smith and/of ???

Winter Training Program - \$

Non-Program - \$195

Total Cost: ~\$750-1250 (approximate. Biggest factor is number of athletes. Once this # is fixed I can give a more exact amount and finalize mode of transport. Final billing will be based on actual receipts)

Van: \$375 - based on 6 athletes

Flight: \$300 (one way)

Accommodation: ~\$140 ea

Food: \$135

Coaching: 0-\$195

Homework: Make sure you are keeping up your grades so you can continue to take time away from school.

Map of area:

<https://maps.google.ca/maps/myplaces?ll=38.768305,-120.819526&spn=0.024359,0.047679&gl=ca&ctz=420&t=h&z=15>

Forms: Please fill out the attached forms for 2014 and return them to Mike signed, **before the Trip.**

<http://www.albertawhitewater.ca/slalom/forms>

Waiver/AR

Medical

Code of Conduct

Equipment:

Slalom/Polo Boat + small repair kit.

Play boat (optional, we share between weeks too)

Paddle X 1 or 2(spare)

Lifejacket

Helmet

1 Paddling top short

1 Paddling top long

Under layers

Shorts

Watch

Water bottle

Running shoes

Electronics – Bring at your own risk!

Camera

Books/games

Clothes – it might be cool at night.

Bug & Sun repellent

Toiletries

Sleeping bag

Thermarest

Camp Goals: Lots of paddling! Technique & competitive sessions will make up the bulk of the sessions. We will allow these to add up to create the volume necessary for our fitness component! Stretching and other activities will be maintained to ensure optimal recovery. We will attempt to find creative ways to maintain strength. This might include body weight exercises, core & big rock lifting! Below is a sample schedule (but it will change).

