

**2010  
ONTARIO  
SPEED SKATING  
SUMMER CAMP**

**AUGUST 23-27, 2010  
Bob MacQuarrie Rec. Complex  
1490 Youville Drive  
Orleans, Ontario.**



— ONTARIO —  
**SPEED SKATING**  
— ASSOCIATION —

Sponsored by Ontario Speed Skating Association  
Gloucester Concorde Speed Skating Club

## Program Philosophy

Emphasis is on skill development and power training for skaters of all ages and abilities based on the LTPAD principles.

Skaters should indicate the group that best meets their needs on the Application form. However, camp organizers reserve the right to determine the final groups.

### Group One

*Composition: Training to compete;* participating in regular training on and off the ice. Ability to participate at a high intensity level for the duration of the camp.

**Full day** program includes:

- Ice sessions Monday to Friday
- Dryland sessions including running, circuits, plyometrics and strength training.

### Group Two

*Composition: Training to Train;* participating in a regular skating program and a desire to do off ice training.

**Full day** program includes:

- Ice sessions Monday to Friday
- Dryland sessions with emphasis on introduction to training including running, imitations, circuit training and strength training.

### Group Three

*Composition: Learning to Train;* Skaters with limited speed skating experience with a desire to improve their skating skills in the sport of speed skating.

**Full day** program includes:

- Ice sessions Monday to Friday
- Dryland session with emphasis on developing healthy training habits.

### Group Four

*Composition: Fundamentals;* Skaters with limited skating experience but with a desire to learn to speed skate.

**Half day** program includes:

- Ice session Monday to Friday
- Outdoor activities emphasizing fundamental sport skills.

## **EQUIPMENT**

- Mandatory safety equipment: hard-shell helmet, cut resistant gloves, kneepads, neck guard, shin guards and skate guards. Kevlar calf protectors are highly recommended.
- Also bring skates and sharpening equipment, training shorts and T-shirt, bathing suit, rain gear, water bottle, proper running shoes and extra socks.
- It is important that all participants have their OHIP/MEDICAL insurance card with them at all times in case medical services are required.

## **Coaching**

Quality coaching will be provided by certified, competent and experienced provincial coaches.

### **Coaching Clinic:**

Fundamentals Part A - August 21-22, 2010

Introduction to Competition Part A- August 21-22, 2010

Fee: \$150.00 per course. More information including location and times to follow.

### **Official Clinic:**

Level 1 (Sun. Aug. 22th) FREE

**All clinics will run only if numbers are sufficient.**

Please contact Kathy Elliott (see below) if interested in any of these programs.

## **ACCOMODATION**

**BILLETS** are available. Cost is \$100.00 (**skaters only**) payable to the host (not included with camp fee). Please indicate need for a billet on the application form.

**CAMPING** is available in the area:

Recreationland Camping, Cumberland, Ontario.

Phone: 613-833-2974 Fax: 613-833-1219

[www.rec-land.com](http://www.rec-land.com)

### **LOCAL HOTELS**

Chimo Inn (across St-Laurent Mall)

1199 Joseph Cyr

613-744-1060 1-800-387-9779

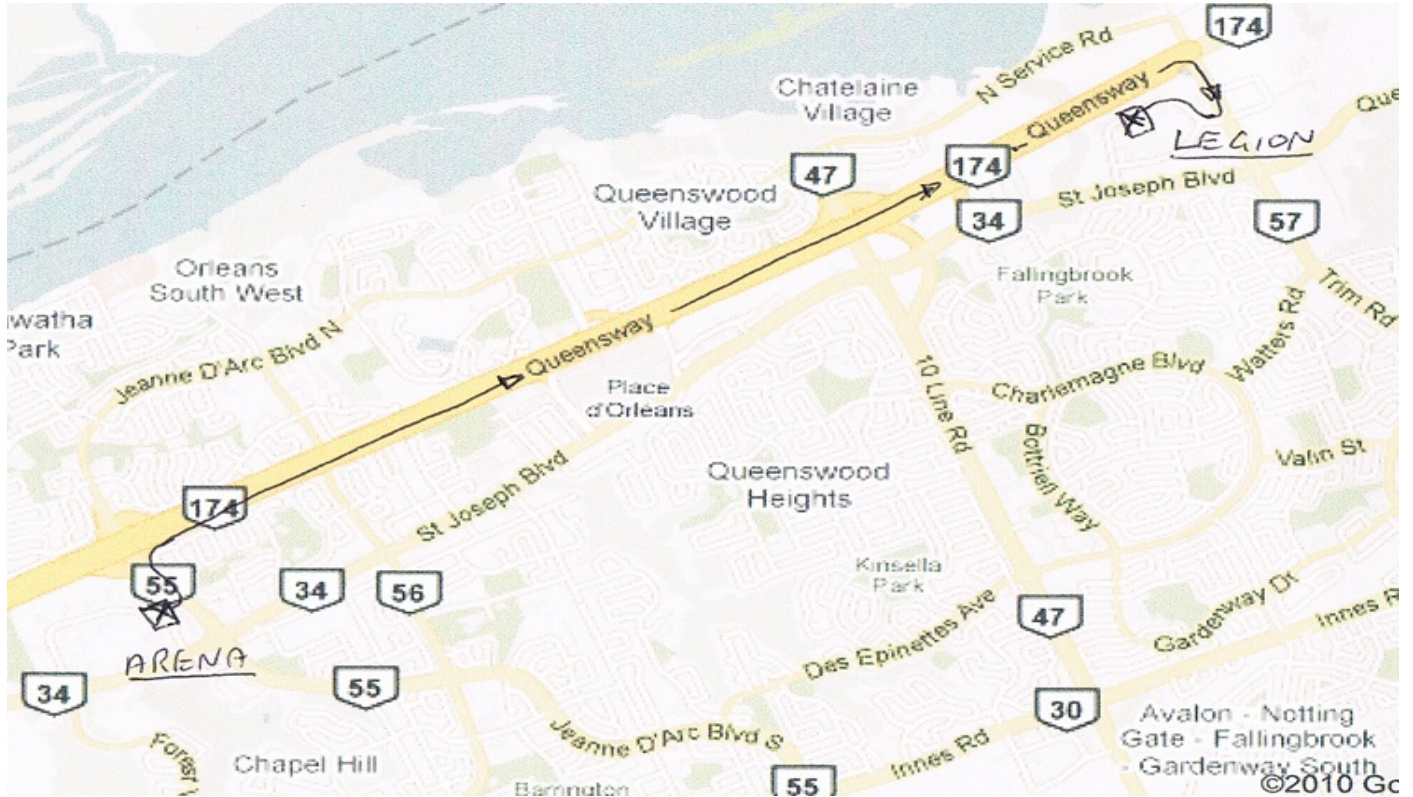
Welcome Inn

1220 Michael Street 613-748-7800 1-800-387-438

**Please make your own reservations for camping and hotels/motel**

## Welcome BBQ and Check In:

Sunday August 22 3:30-6:00 pm at the Royal Canadian Legion Branch 632, 800 Taylor Creek Rd. This is free for all skaters and their families. Camp schedules and T-shirts will be handed out and those skaters requiring billeting will meet their host families.



**RESPECT FOR OTHERS**

# **APPLICATION FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_

Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date of Birth: Day\_\_\_\_-M\_\_\_\_ - Yr\_\_\_\_

(2009-2010) Age class category \_\_\_\_\_

(Peewee to Senior)

I do Dryland training. YES\_\_\_ NO\_\_\_ \_\_\_\_\_ times per week.

Short Track Seed time 500m. (\_\_\_\_\_)

Preferred Group is: Gp 1\_\_\_ Gp 2\_\_\_ Gp 3\_\_\_ GP 4\_\_\_

Billet required: YES\_\_\_ NO\_\_\_

**T- SHIRT SIZE:** Youth S\_\_\_ M\_\_\_ L\_\_\_

Adults S\_\_\_ M\_\_\_ L\_\_\_

## **FEES**

All OSSA members \$230 Groups 1-3, Group 4 \$170

Non OSSA members \$250

15% discount (families 3 or more) on total cost.

## **APPLICATION DEADLINE:**

**July 31, 2010 No refunds will be issued after this date.**

A late fee of \$25 applies after July 31, 2010.

## **Make cheque payable to:**

**Gloucester Concordes Speed Skating Club**

*Confirmation of acceptance and billets will be sent out after registration and payment has been received.*

## **Mail Application and cheque to:**

Kathy Elliott

9654 County Rd 18

RR 2 North Augusta, Ontario K0G 1R0

e-mail: [kaelliott@ripnet.com](mailto:kaelliott@ripnet.com)

phone : 613-926-1206

## **MEDICAL DATA**

**\*\*All skaters must have health card with them at camp\*\***

Allergies \_\_\_\_\_

Medication \_\_\_\_\_

Other Health Issues \_\_\_\_\_

## **MEDICAL RELEASE**

*In case of illness or accident this is my permission for the official in charge, or his/her deputy to make necessary medical arrangements for me/my child/ward in the event of emergency. I understand that the next of kin will be notified by the quickest possible means if this authority is expressed.*

X \_\_\_\_\_

*Signature of participant*

X \_\_\_\_\_

*Signature of parent/guardian (if participant is under 18 years)*

*In case of emergency, please contact:*

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work (daytime): \_\_\_\_\_

Cell: \_\_\_\_\_

*In consideration of my accepting this entry, I hereby for myself, heirs, executors, administrators and assigns, waive and release an and all rights to claim damages I may have against the Ontario Speed Skating Association, the Gloucester Speed Skating Club, the City of Ottawa and their agents, officers or members for any and all injuries suffered by me at the said skating camp to be held August 23-27, 2010 at Ottawa, Ontario. In witness whereof, I have here unto set my hand this \_\_\_\_\_ day of \_\_\_\_\_, 2010*

X \_\_\_\_\_

*Signature of participant*

*Signature of parent/guardian (if skater is under 18)*

