



CAMBRIDGE
Speed Skating Club

ONTARIO
SPEED SKATING
ASSOCIATION



'OVERLAND AND ON THE ICE' SUMMER CAMP

Friday July 08, Saturday July 09 and Sunday July 10, 2011

The Cambridge Speed Skating Club is excited to host a High Performance Summer Camp with The Overland Family. They have prepared an intensive training program for high level skaters.

Location: Hespeler Memorial Arena, 640 Ellis road West, Cambridge ON N1R 5W8

The program is designed for the top 60 skaters, who will be divided into 2 groups.

Skaters invited to apply:

- Male skaters, minimum age 14 at the time of the camp with a 500m. time below 50 sec.
- Female skaters, minimum age 13 at the time of the camp with a 500m. time below 54 sec.

Deadline: Application and payment have to be received by ...

NOTE: Due to the delayed posting on the OSSA website, the deadline for the July summer camp has been extended to May 30, 2011.

Confirmations will be sent out via email no later than May 31, 2011.

Camp fee: \$140.00

Camp registration: Friday July 08, 2011. 5.00-6.00 pm. Hespeler Memorial Arena

Camp administrator: Mariska Vergeer (mariska@cambridgespeedskating.ca tel.519-696-3190)

Please mail registration and payment to:

Cambridge Speed Skating club

c/o Mariska Vergeer

18 Meadow Rose Lane, R.R.#1 Ayr, ON N0B 1E0

Accommodations:

Holiday Inn: 2 nights \$218.00 plus tax (519-658-4601)

Hilton Homewood Suites: 2 nights \$258.00 plus tax –limited space (519-651-2888)

There is also an opportunity for billeting, please indicate on your registration.

Program:

Friday : 6.00 – 9.00 pm. 1½ hour ice, 1½ hour dryland

Saturday : 7.00 – 10.00 am. 1½ hour ice, 1½ hour dryland

10.30 am. Baseline Concussion Assessment (Standard Assessment Concussions)
(Balance Error Scoring System)

5.00 – 8.00 pm. 1½ hour ice, 1½ hour dryland

Sunday : 7.00 – 10.00 am. 1½ hour ice, 1½ hour dryland

10.00 am. Skaters and parents are invited to 'Brunch with the Overlands'
In the gallery of the Hespeler Arena

4.00 – 7.00 pm. 1½ dryland , 1½ ice (relays)

Skaters will be coached by the 4 head coaches who will co-coach and rotate throughout the program.

- **Ernie Overland (program coordinator)**

Senior Head Coach / Elite Team Head Coach Cambridge Speed Skating Club

Ernie has been coaching with the Cambridge Speed Skating Club since 1982. Currently he is the longest standing active coach in Ontario. Over the last 29 years he has been named as Team Coach for Ontario multiple times to the Canadian and North American championships. He was also the 2011 Canada Winter Games, Head Coach Team Ontario Short Track. Ernie holds a Level 3 NCCP designation.

- **Kevin Overland (Crockett)**

Olympic Winter Games in Nagano 1998, Bronze Medalist Men's 500 meter

World Record Holder 1995- 1000m. and 1997- 1500m.

1992-1993 Canadian Junior Overall Champion and Canadian Sprint Champion

Olympic Oval Wall of Excellence honoree 2005 in Calgary

Kevin has been coaching in Calgary for the past 6 years. He has also coached Chinese athletes, notably Beijing Wang, 500m world champion and Olympic medalist.

- **Cindy Overland**

Cindy represented Canada at the Olympic Winter Games in Nagano 1998 and the Olympic Winter Games in Salt Lake 2002.

Cindy has been coaching part-time with the Cambridge Speed Skating Club

- **Amanda Overland**

Olympic Winter Games in Turin 2006, Silver Medalist (3000m relay) and 5th place finishes in the 1000m and 1500m.

Bronze Medalist at 2005 World Short Track Team Championships

Speed Skating Canada's Athlete of the Year 2004-2005

Mandatory Equipment: In accordance with SSC Regulation D3-100, all competitors must wear hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards, shatter-resistant protective sport-glasses or a complete visor held in place by an elastic strap, and cut resistant clothing are required for this competition. The back corners of skate blades must be rounded off.

""""COME PREPARED""""



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REGISTRATION FORM

Name: _____ SSC no: _____

Club: _____ Age group: _____

Date of Birth: Day _____ Month _____ Year _____ 500m. time: _____

Telephone: _____ Email: _____

Address: _____ City: _____

Postal Code: _____ Medical condition: _____

Emergency contact information:

Name: _____ cell no. _____

Billeting Request: Yes No

Mandatory Equipment: In accordance with SSC Regulation D3-100, all competitors must wear hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards, shatter-resistant protective sport-glasses or a complete visor held in place by an elastic strap, and cut resistant clothing are required for this competition. The back corners of skate blades must be rounded off.

Waiver: By signing this entry form, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the City of Cambridge, SSC, OSSA, the Cambridge Speed Skating Club, their agents, officers, or members for any and all injuries suffered by me at said training camp to be held on July 08, 09 and 10, 2011 at Cambridge, Ontario.

I give permission for my child to take part in the Baseline Assessment testing. The Cambridge Speed Skating Club will provide my child with the test result data and will not keep any data collected on file (except from Cambridge Speed Skating Club members).

Signature of Participant : _____

Signature of Parent or Guardian if participant is under 18

In witness whereof, I have here unto set my signature and seal this _____ day of _____ 2011

This information is collected under the authority of the Freedom of Information and Protections of Privacy Act. It is required to register you in the camp Names/Images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have any questions about the collection of or use of this information, contact the Camp administrator at 519-696-3190.