

# 2004 WHISTLER CROSS COUNTRY TRAINING CAMP

August 27 – September 1  
2004



For  
High School Athletes

Sponsored by



Track and Field Club  
And



West Vancouver Track & Field Club

## COACHES:

Frank Reynolds, NCCP 4  
Ashley Weber, NCCP 2  
Cindy O'Krane, NCCP 2

## Friday August 27

Time 10:30AM - Noon  
Location: Staff Residence  
Check-in, Welcome and Int  
Lunch

Afternoon Training Session

Workout: Familiarization Run, Lost Lake  
Strength & Conditioning I – Rec Centre  
Shopping for a healthy dinner at Nestor's  
Market.

After dinner discussion – Cross Country –  
how to run faster and smarter

Social

## Saturday

Morning Session, Location: Lost Lake  
Objective: Improve your ability to run fast  
and long

Lunch

Workout: Video of Technique, Successful  
Warm-up routines.

Afternoon Social Activities

After dinner Guest speaker and talent night

Social

## Sunday

Location: Lost Lake

Morning Training Session: Hills from Hell

Lunch

Lecture – Nutrition for peak performance.

Dinner

Video Highlights - Games

Social

## Monday

Location: Whistler

Workout Location: High Alpine

Altitude run at 2300m

Afternoon – shopping or hanging out.

After dinner: Ad lib skit night



## Tuesday

Workout: Strength & Conditioning II  
Group discussion: Mentally tough? Do  
you have what it takes?

Afternoon Training session: Cross-  
country simulation 4k run.

Dinner: Wrap up Dinner at a Whistler  
Dining spot. – Awards and presentations.

Final discussions:

What have you learned?

What next?

Presentation of Program to peak for BC  
High School Championships.

Social

## Wednesday

Breakfast, pack-up and goodbyes to  
friends made over the week of hard work,  
lots of laughs and renewed enthusiasm to  
return to the fall cross country season.



*Organized with the co-operation of  
NorWesters and  
West Vancouver Track and Field Club  
Coaches with support from BC Athletics*

*Supporting Track and Field and  
Cross Country on the North Shore*



# APPLICATION TO WHISTLER CROSS COUNTRY CAMP

Print and mail this page to make application:

## COSTS:

Athletes: \$300.00 for 5 day camp Cost includes Coaching and instruction, accommodation, lunch & snacks, transportation at Whistler, Awards Dinner and other surprises.

BC Athletics Supporting Membership \$5.00 payable at camp by those athletes not current members of BCA.

## APPLICATION:

Application forms are available on the NorWester Website: <http://norwesterstandf.com> or at all Rec Centres on the North Shore.

Registration must be sent with payment in full to the North Van Rec Commission. Call to register at: **604-987-PLAY** Quote Bar Code #121034.  
(visa/mc/cash/cheque/debit)

Registration deadline: **August 20, 2004.**

### Mail Registrations and payment to:

North Vancouver Rec Commission  
280 Lloyd Avenue  
North Vancouver, B.C. V7P 3H3  
BAR CODE: #121034.

## ATHLETE INFORMATION:

Last Name \_\_\_\_\_  
First \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_  
School \_\_\_\_\_

Grade In School (Fall '04) \_\_\_\_\_

Coach \_\_\_\_\_

PB 's: 1500m: \_\_\_\_\_ 3000m

\_\_\_\_\_ Avg Weekly

Km \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

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

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

### **Parent/Guardian & Summer Contact**

Info \_\_\_\_\_

\_\_\_\_\_

### **B.C. Athletics Membership**

No. \_\_\_\_\_

Please do not bring valuables, electronics or large sums of money. The camp will not be responsible for lost or stolen items.

*Campers are responsible for any and all medical expenses incurred at camp!*

High school athletes must send a copy of their medical insurance with their application.

Medical ins. # \_\_\_\_\_

Any Medical Conditions which may affect participation in this camp? Y / N  
If yes, please specify.

\_\_\_\_\_  
\_\_\_\_\_

PAYMENT ENCLOSED: \$ \_\_\_\_\_

Please make cheques payable to:  
**North Vancouver Recreation Commission**

Waiver:

All must share the responsibility for sport safety. I, the undersigned am aware that there is certain risk of injury involved in my own or my child's participation in sport: either while traveling to or from the event; or while

attending or participating in the programs or activities of the events which are sanctioned/ approved by BC Athletics, its Divisions, its Member Clubs including NorWester and West Vancouver Track & Field Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself an/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

\_\_\_\_\_  
Signature of Applicant:

\_\_\_\_\_  
Signature of Parent or Guardian