



OVALHP 

CLUB DEVELOPMENT CAMP

JULY 6-10 | 8:30AM TO 4:30PM

The Club Development Camp is open to club-level speed skaters between 9 to 14 years of age who are currently competing at the local or regional level. The goal of the camp is to provide a holistic approach to training appropriate for Learn to Train (L2T) and Train to Train (T2T) development.

Camp will include dryland, Strength & Conditioning (S&C), video analysis, ice sessions and integrated services sessions (Nutrition, Yoga and Mental Performance). On ice sessions will be held on short track ice. Skaters must provide their own on ice equipment.

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ice Session	Ice Session	Ice Session	Ice Session	Ice Session
Team Building Session	Mental Performance Session	Video Analysis Session	Nutrition Session	Yoga Session
S&C Session	Dryland + Mobility Session	S&C Session	Dryland + Mobility Session	S&C Session
Ice Session	Ice Session	Ice Session	Ice Session	Ice Session

COST: \$472 + TAX

REGISTER

MEET YOUR HEAD SPEED SKATING COACH NICOLE GARRIDO

Nicole is the Head Coach of the High Performance Speed Skating Program as well as Head BC ST Provincial Coach for the BC Speed Skating Association. She was a member of Canada's National Long Track Speed Skating team competing in several world cups and world championships from 2006 to 2015 and has her NCCP level Competition Development Coaching certification.

