



OVALHP

# STAGE 2 CAMP

AUGUST 24-28 | 10:00AM TO 4:00PM **NEW! 5 DAY CAMP!**

The Stage 2 Performance Camp is a high-performance training opportunity for top skaters who aspire to compete for BC at Junior Canadian Championships. Skater participation is based on commitment to improving competitive performance. The goal of the camp is to provide on and off ice guidance and instruction that will positively impact the athletes' transition into provincial team status.

Camp will include dryland, Strength & Conditioning (S&C), ice sessions and integrated services sessions (Nutrition, Yoga and Mental Performance) tailored to camp age and ability range. On ice sessions will be held on short track ice.

## SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ice Session 90min	Ice Session 90min	Ice Session 90min	Ice Session 90min	Ice Session 90min
Classroom Session	Dryland Session	Mental Performance Session	Dryland Session	Yoga Session
S&C Session	Nutrition Session	S&C Session	Video Session	S&C Session
Ice Session 90min	Ice Session 90min	Ice Session 90min	Ice Session 90min	Ice Session 90min

**COST \$395.00 + 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.

