



OVALHP 4 DAY OVALHP SPEED SKATING CAMP

DECEMBER 28–DECEMBER 31

To combat the winter quarantine blues, the Oval HP Speed Skating Program will be hosting a 4 day Christmas training camp from Monday, December 28th to Thursday, December 31st.

Each day will begin with 9am warm up and ice session and finish by 1:15pm with Strength and Conditioning, RIDE or Rock Climbing session. The camp is meant to provide opportunities for our HP speed skaters to continue training during the holiday season when normally we would be off ice.

The camp is open to experienced high performance speed skating athletes who have been training with the HP Short Track Program throughout the 2020/2021 season.

DAILY SCHEDULE

- » 9:00am to 10:00am – Warm Up
- » 10:00am to 11:30am – Ice session
- » 12:00pm to 1:15pm – S&C session, RIDE session or Climbing Wall session

COST

\$180 + 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.

