



ONTARIO SPEED SKATING ASSOCIATION

LONG TRACK CAMP - OTTAWA 2018 -

WHEN

Monday, January 15, 2018

8:30am – 2:00pm

After the Provincial Long Track Championships

WHERE

Brewer Skate Park

210 Hopewell Avenue, Ottawa, ON

SKATER ELIGIBILITY

- **Girls 11 years +**
- **Boys 12 years +**

This camp is open to all Ontario skaters who are:

- **Age-eligible for the Canadian Age Class Long Track Championships regardless of whether they secure a position on Team Ontario.**
- **Age-eligible skaters who will be racing at Canada Cups during the 2017-18 season.**

REGISTRATION

SETH skaters:

Priority registration is open to skaters in the 2017-18 SETH program.

Open December 1 – 8, 2017.

\$30 registration fee includes coaching, ice rental, snacks and drinks.

All other skaters:

Regular registration is open December 9 – 29 at noon, 2017.

\$60 registration fee includes coaching, ice rental, snacks and drinks.

Payment can be provided by e-transfer, cheque, or cash.

No refunds after the Registration Deadline unless the camp is cancelled due to weather. No medical exceptions.

<http://ontariospeedskating.ca/development/>

CONTACT

Sarah Leslie

Manager, Sport Programs

sportmanager@ontariospeedskating.ca

844-677-6772 ext.102



COACHING

Cheryl Marinsky (Ottawa): Team Ontario for 2018 Canadian Age Class Long Track Championships.

Mike Rivet (Gloucester): Coach for Canada Cups #1, #2, and #4.

Patti Walsh (Kitchener-Waterloo): Coach for Canada Cup #3/ Junior Championships.

EQUIPMENT

Skaters must bring all required equipment.

Olympic Style training session: ankle protection and rounded blade tips.

Skaters aged 14 and younger must also wear helmet, neck protector, and knee protection.

Mass Start & Pursuit training: helmet, neck protectors even if you are wearing a cut-proof suit, cut resistant gloves, knee protection, shin guards, ankle protection, and all skin below the mid-line of the neck must not be bare. Rounded blade tips and shatter-resistant protective glasses held on by an elastic strap.

Skates should be sharpened in advance of the camp.

Bring your water bottle.

Weather is unpredictable. Recommend to bring warm clothes to layer, glasses or goggles, neck muffler, boot covers, ear band or hat.

AGENDA

8:00am – 8:30am
Athlete arrival and check-in

8:30am – 9:00am
Classroom session

9:30am – 11:00am
Ice Session
(Olympic Style, technique)

11:00am – 12:00pm
Lunch Break

12:30pm – 2:00pm
Ice Session
(pursuits, mass start)

***may be subject to change**

Registration will be capped at 30 skaters.

Skaters will be assigned to a training group based on age and ability.

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