



CROSS COUNTRY SKI ASSOCIATION OF MANITOBA
“ON TRACK” TO THE GAMES
SPRING TRAINING & IDENTIFICATION CAMP
Saturday & Sunday, May 23 & 24/ 2009
Minaki

Cost per athlete, coach & parent volunteer:

Camp registration fee \$ 40.00

-Includes overnight accommodation (Sat. night) & 3 meals (dinner Sat, breakfast/lunch Sun.)

WHAT YOU WILL NEED TO BRING

1st Day Lunch, adequate Snacks & Drinks for in between meals

Registration Form, Payment & Waiver

Medication (if required)

Overnight Toiletries	Sunglasses	Towel	Camera	Skate Roller Skis
Sleeping Bag & Pillow	Sunscreen	Runners (x2)	Headlight/Book	“Boots/Poles Carbide Tips
Water Bottle & Holder	Sun Hat	Rain Suit	Walking Poles	Helmet/Knee/Elbow Pads
Yoga Mat	Swim Suit	2 days clothing	Gloves	Reflective Vest/Bright Top

*Heart Rate Monitor (if you have & can borrow)

* Note: It is very important that you bring you are able to carry your own hydration source with you for training that leaves you hand free. Water bottle holders or hydra packs. Please try training with them on prior to coming to make sure you are comfortable with it.

Also, please bring proper walking poles. These are approx. 10 cm shorter than your classic poles.

The camp is located down Hwy. 596, the Minaki Road. Travel North on 596 for 45 km; turn right on Trailhead Road immediately after the second set of train tracks.

Questions or Concerns? Call: (807) 224-2203 or E-mail: minakiyurt@yahoo.com

Sincerely...Nadene & Jordy McBride