



2023 CCS FALL DRYLAND CAMP – WASKESIU LAKE, SK

September 22 – 24, 2023

Location: Waskesiu Lake, Prince Albert National Park, SK

Head Coach: Andrew Brisbin, 306-281-3423, ccshpcoach@gmail.com

8 coaches from across the province will be coaching at the camp.

Participants: This training camp is for cross country ski racers in the U12 to U23 categories (2013 YOB and older)

Details: Activities including rollerskiing, ski striding, running, strength exercises, and group games. All activities will occur within a 30 minute drive of Waskesiu townsite. Participants will be responsible for getting to and from the training locations, although plenty of carpooling opportunities should exist.

Registration: Will be open on Zone4.ca from Wednesday, August 30th to Sunday, September 17th

<https://zone4.ca/register.asp?id=32898>

Camp Fee: The camp fee is \$50 per athlete. Participating coaches need to register as well but their registration fee will be set at \$0.00.

Accommodation and Food: Meals and accommodation throughout the camp is the responsibility of individual participants to organize, at one of the local Parks Canada campgrounds (Beaver Glen) or at a hotel/condo/cabin in or around the Waskesiu Townsite.

What to Bring:

- Drink belt or hydration vest
- Training snacks

- Sun protection (hat, sunscreen, lip balm, etc)
- Training clothes for hot to cold, dry to wet weather (long sleeve, short sleeve, shorts, long pants, Buff, gloves, etc)
- Running shoes (for forest trails)
- Training watch/heart rate monitor (if you own one)
- Skate rollerskiing gear (skate rollerskis, skate boots, skate poles w/ sharp tips, helmet, high visibility short or vest, gloves (**high viz clothing and helmets are MANDATORY**))
- Ski striding poles (10cm shorter than classic poles, i.e. mid-chest height, or classic length)
- Towel and swimwear (jump in the lake!)
- Personal items and toiletries
- Positive attitude and lots of enthusiasm!