

CCS 2020 On-Snow Mini Camp #1

Sturgeon River Nordic

November 21st, 22nd (Saturday, Sunday)

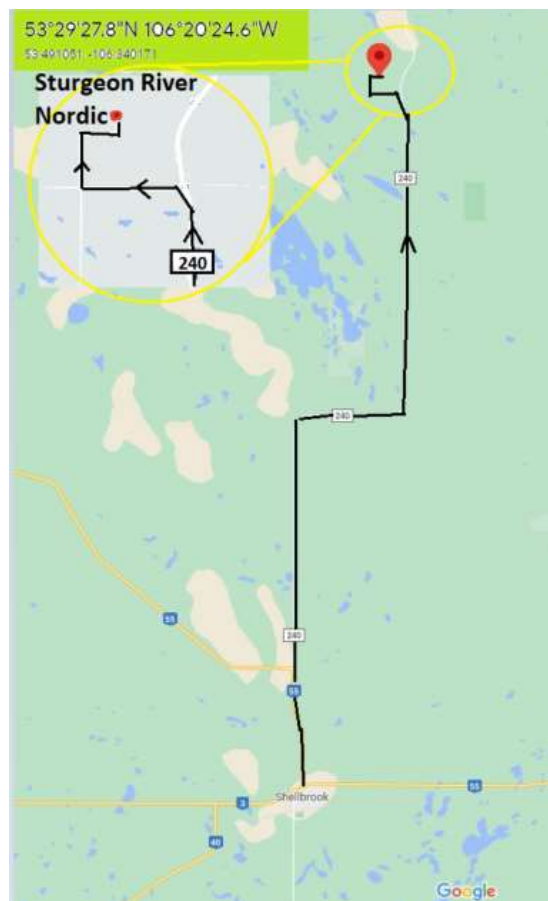
Hello snow fans. Strange and trying times leads to trying new things. With Covid-19 turning the world upside down we obviously cannot do our weeklong camp in Lake Louise (or anywhere for that matter due to changes to school programs among other things). CCS has decided to go the smaller “weekend” mini-camp route With the first being slated for Sturgeon River, coming up in November.

And yes, like the Wasquesui camp, things will still be different from our normal camps. You won't be seeing team dinners and “physical distancing” will be the “words of the day”. Activities will still be structured to engage and challenge the participants and “hoots, hollers and cheers” will be encouraged.

The intent of the camp is to be the first “on-snow” camp of the season shake out the ski legs.

Registration Through Zone 4 <https://zone4.ca/register.asp?id=24874>

Sturgeon River Nordic Location



SRN Yard Layout



Parking at Sturgeon River Nordic



Key points to note:

1. This will be held over the Saturday and Sunday and CCS will NOT be arranging accommodation so please plan accordingly. (Prince Albert has lots of places to stay)
2. We will not be holding any team suppers.
3. **We will not have facilities for use during breaks or for gear storage or eating or STAYING WARM. All participants must be self-sufficient. I.e. Retreat to your family bubble/vehicle on breaks.**
4. **Participants are absolutely required to adhere to Provincial and R2P guidelines and follow the direction of the coaches and volunteers related to physical distancing.**
5. All participants are expected to follow the direction of the coaches and group leaders during all activities.
6. Mask/face covering will be required for all activities where proper physical distancing will not be possible – All participants are required to have a face covering that they can put on if the coach requests it.
7. **During the activity (on the field of play) maintain your own personal space by being no closer than 2 meters to any other participant regardless of whether they are part of your identified personal “social” bubble.** Reasoning is that we will have volunteers gently encouraging participants to maintain separations throughout the day and it is much easier if they are not trying to see who may be close friends, or related, or whatever. We all do our part.
8. While volunteers will be watching and “encouraging”, we ask that everyone monitor their own actions and respect others personal space.
9. **Provincial Covid-19 guidelines could change at any moment so this event could be cancelled or revised at the last minute.**
10. **Obviously being an “on-snow” camp means we need to have snow
Camp details ALL subject to change depending on weather and conditions.**
11. **Like all camps, Having fun is mandatory! 😊**

Gear/Equipment

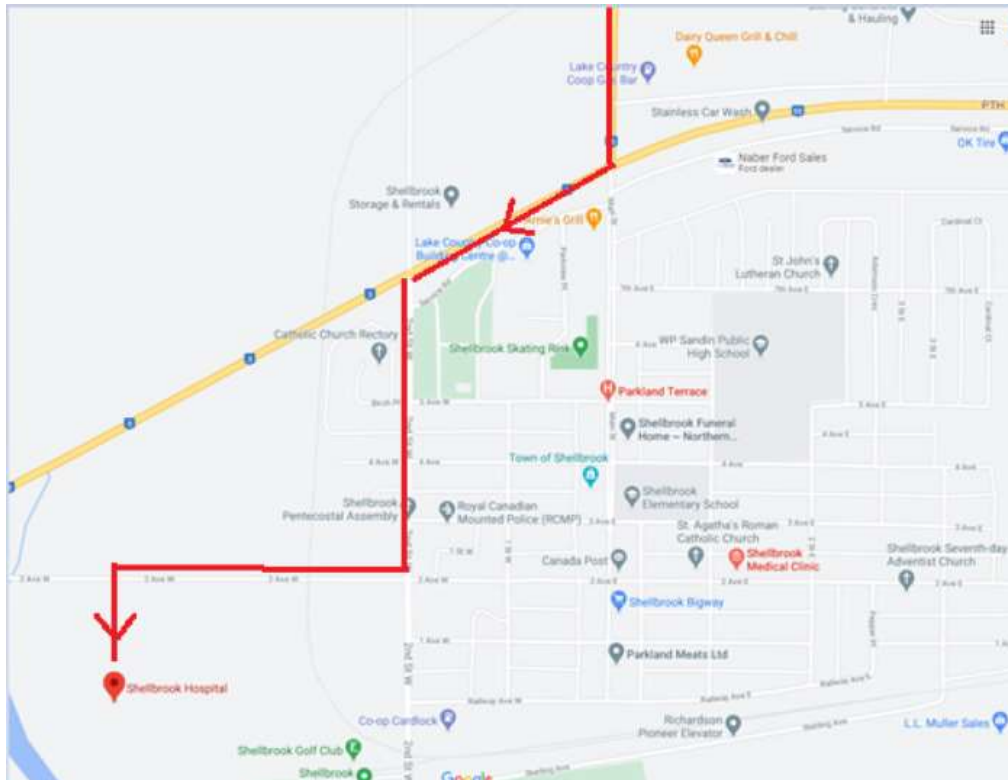
- Skate and classic ski equipment (**we will send out an email to all registered participants a few days before the camp informing of trail conditions due to being early season, conditions may be marginal so “rock skis” may be advisable.**)
- Change of training clothing – we will be doing multiple workouts a day, so a change of training clothes is recommended.
- **BRING WARM CLOTHES FOR STANDING AROUND BOOTS, MITTS, EXTRA TOQUES, ETC.**
(remember – no indoor warming areas)

Medical - Shellbrook Hospital 306-747-2603

Dr. J.L. Spencer Drive #100, Shellbrook, SK S0J 2E0

paper.co

(306) 747-2603



Meals/snacks

All participants will be responsible for their own meals and snacks throughout the day. Pack a good hearty lunch and between work-out snacks.

Training Groups and Coaches

Training group and coaches will be assigned after registration closes. If you feel you or one of your athletes has been assigned to a wrong group, just approach one of the coaches and we will assess and accommodate.

Tentative Schedule (close but subject to change, of course)

Saturday, November 21st

9:00 AM – Coaches meeting at the camp office.

9:45 AM – Participants arrive and meet at the designated area as defined below. Areas will be identified with a coloured sign so you know where to go.

Group 1 (G1) [L2T]

Group 2 (G2) [T2T-3]

Group 3 (G3) [T2T-2]

Group 4 (G4) [T2T-1]

Group 5 (G5) [L2C]



10:00 AM – activities start

L2T – 1 ½ hr morning skate ski

- Group gets together at 10 AM then heads out for easy ½ hr ski for warmup
- Ski to “area” then take off poles (1/2 hr without poles drilling on basics)
 - Work on balance gliding on each ski
 - Work on one skate general movement – focus on weight shift, kick out, arm swing without poles
 - Put on poles and repeat practice routines
- Do some general instruction on uphill/downhill skate techniques

T2T1, T2T2, T2T3 – 2 hr morning skate ski

- Each individual group gets together separately at 10 AM then heads out for easy ¾ hr ski for warmup
- Ski to “area” then take off poles (1/2 hr without poles drilling on basics)
 - Work on balance gliding on each ski
 - Work on one skate general movement – focus on weight shift, kick out, arm swing without poles
 - Put on poles and repeat practice routines
- Do some general instruction on uphill/downhill skate techniques

L2C – 2 hr morning skate ski

- Group gets together at 10 AM then heads out for easy 1 hr ski for warmup
- Ski to “area” then carry poles (1/2 hr without poles drilling on basics)
 - Work on balance gliding on each ski
 - Work on one skate general movement – focus on weight shift, kick out, arm swing without poles
 - Put on poles and repeat practice routines
- Do some general instruction on uphill/downhill skate techniques

11:30 – 1:00 Lunch break

L2T – 1 ½ hr afternoon classic ski

- Group heads out for easy ½ hr ski for warmup
- Ski to “area” then take off poles (1/2 hr without poles drilling on basics)
 - Work on balance gliding on each ski (diagonal stride)
 - Work on general movements – focus on weight shift, kick, arm swing without poles
 - Put on poles and repeat practice routines
 - Diagonal stride with poles
 - Double poling
- Do some general instruction on uphill/downhill techniques in particular transitioning into uphill herringbone from diagonal stride.
 - Review classic technique rules and differences from skating

- Eg. What is a “legal” skate in a classic event

T2T1, T2T2, T2T3 – 2 hr afternoon classic ski

- Group gets together at 1 PM then heads out for easy ¾ hr ski for warmup
- Ski to “area” then take off poles (1/2 hr without poles drilling on basics)
 - Work on balance/weight shift gliding on each ski
 - Work on general movement – focus on weight shift, efficient kick, arm swing without poles
 - Put on poles and repeat practice routines
 - Diagonal stride
 - One step double pole
 - Double pole
- Do some general instruction on uphill/downhill techniques
- Review classic technique rules and differences from skating
 - Eg. What is a “legal” skate turn in a classic event
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L2C – 2 hr afternoon classic ski

- Group gets together at 1 PM then heads out for easy 1 hr ski for warmup
- Ski to “area” then carry poles (1/2 hr without poles drilling on basics)
 - Work on efficient weight shift
 - Work on efficiency of mechanics – focus on weight shift, kick, arm swing without poles
 - Put on poles and repeat practice routines
 - Diagonal stride
 - One step double pole
 - Double poling
- Do some general instruction on uphill/downhill techniques

Sunday, November 22nd

9:30 AM - L2T, T2T, L2C all go out for skate ski

- L2T focus on short proper warmup building up to short sprint starts
- T2T will complete a warmup focusing on building up intensity towards sprint starts and a few longer intervals (effective warmup)
- L2C will complete an effective warmup then move into some pyramid intervals work with focus on starts and building up to a sustained “sprint” pace.

10:00 AM - L2T back at Shire/Pasture for on-snow agility challenge course ski-through

10:30 AM - T2T back for on-snow agility challenge course ski-through

(if more than one group in T2T, extra time allotted)

11:30 AM - L2C back for on-snow agility challenge course ski-through

12:00 – 1:00 Lunch break

1:00 PM Covid friendly team sprint event (teams will be made-up among the groups)

2:00 PM camp wrap-up....

STURGEON RIVER NORDIC TRAIL SYSTEM

- Mama's Run - 1.0 km
- Castor's Last Stand - 0.7 km
- Shire / Pasture 1.85 km
- Roller Coaster
- Desolation & Trepidation

- Rocket Launch
- KYMGB
- The Cabin Connector
- Round - A-Bout

