



**#OUNC2017
SOD
Athlete Package**



Skiers are Made in the Summer

Date: June 9-11

Location:

Highlands Nordic
1182 Concession 10 North Nottawasaga Rd, Duntroon, ON L0M 1H0
705-444-5017

Contact:

#OUNC e-mail: ouncteam@gmail.com
Shelby Dickey: ss.dickey@yahoo.ca
Meg Sinclair: meg_sinclair13@hotmail.com

Registration: Expense:

Expense	Cost Per Person
Accommodation	\$5
Food (Saturday dinner)	\$5
Canoe/Kayak Rental	\$10
Total	\$20

*****We thank the SOD board for providing the camp with funding to make this camp accessible to the student athletes of Ontario!**

Equipment Packing List:

- Running shoes
- Rollerskis, boots, poles (skate), (if anyone needs rollerski equipment, please contact Shelby Dickey: ss.dickey@yahoo.ca we will be happy to help!)
- Helmet and bright attire
- Water belt and lot's of snacks
- Watch/heart rate monitor to time rollerski sets
- Shades and sunscreen!
- Breakfast and lunch foods
- Item for potluck (exact item to be included in e-mail)
- Road bike (optional)
- Bathing suit, water gear and water wings!!

Accommodation:

We are encouraging athletes to find their own accommodation for this event, however, we will be providing access to some billets and camping accommodations.

Food:

Athletes will be in charge of their own food. Please bring enough food for two breakfasts, two lunches and lot's of snacks for training! Each athlete will be required to bring an item for the potluck on Friday evening (included in pre-camp e-mail). Dinner will be provided on Saturday evening and is included in the price.

Social Media:

Registration:

https://docs.google.com/forms/d/e/1FAIpQLSdt9jNskvp3DZ7dmcGwr_8Ld3VrXkp_XLIJRegEhPsel3_qEQ/viewform

Twitter: @OUNCteam

Camp Plan:

***Please note that times are approximate and subject to change

***We will accommodate alternate activities in case of extreme weather conditions

Date	Time	Activity	Total Time of Activity	Equipment Required
Friday	5:00pm	Meet and Greet		
	5:15pm	Team warm-up and activities	30min	- Running shoes
	5:30pm	Backyard Strength and Core	60min	- Running Shoes
	7:00pm	Potluck dinner		
Saturday	9:00am	Skate Rollerski at Blackdown Cadet Center <ul style="list-style-type: none"> - Technique Drills - Steady State and ski specific strength 	2hr	<ul style="list-style-type: none"> - Skate rollerskis and poles - Helmet - Bright attire - Water belt
	12:00pm	Lunch		
	2pm	Stand Up Paddle Board (Lesson and Paddle) Afternoon at the pier	1- 1 ½ hours	<ul style="list-style-type: none"> - Bathing suit - Towel - Water wings and water toys for extra fun!
	5:00pm	Yoga	1hr	- Yoga mat
	6:00pm	Team Dinner (provided)		
	8:00pm	Team activities (bowls, cards against humanity etc...)		- Fun games!
Sunday	9:00am	Z1 distance adventure run	1 ½ - 2 ½ hours	<ul style="list-style-type: none"> - Running shoes - Lot's of water and snack!