



ATLANTIC LONG TRACK CAMP

JANUARY 1-3, 2016

HALIFAX EMERA OVAL

Atlantic Long Track Camp:

Kick off the Long Track season by immersing in a weekend of technical instruction on Halifax's Emera Oval. Programs are targeted for the competitive, developmental, and recreational skater.

Venues:

Halifax Emera Oval (Oval) – Halifax Common off of Cogswell Street

Canada Games Centre (CGC) – 26 Thomas Raddall Drive

Check the link <https://mapsengine.google.com/map/edit?mid=zPUstxTrxTKE.kLtQLN8O2UeQ> for a detailed map.

		Competitive Program	Development Program	Recreation Program
		For skaters competing at national competitions.	For skaters of all ages and stages with some competition experience.	For skaters of all ages and stages with little to no competition experience.
Program:		Includes 12 hours of ice & dryland programs, & lunch on Saturday.	Includes 11 hours of ice & dryland programs, & lunch on Saturday.	Includes 10 hours of ice & dryland programs, & lunch on Saturday.
Sched:	Fri:	4:00pm-6:15pm: Oval	3:30pm-5:15pm: Oval	
	Sat:	8:00am-11am: Oval	8:30am-11:30am: Oval	9:00am-12:00pm: Oval
		1:00pm-4:00pm: Canada Games Centre	1:00pm-4:00pm: Canada Games Centre	1:00pm-4:00pm: Canada Games Centre
Sun:	7:00am-10:30am: Oval	7:00am-10:30am: Oval	7:00am-10:30am: Oval	
Fee:		\$35.00	\$30.00	\$25.00
Please submit club/provincial registration list to tlandon@speedskating.ca by noon Friday December 18th, 2015 . Please remit club/provincial payment, payable to SSNS, at the camp on Friday January 1st, 2016 .				

Required Equipment:

- Skaters 15 years of age and over should wear equipment compliant with Speed Skating Canada's rules D3-200 for Long Track Olympic Style Competition. Skaters under 15 years of age should wear equipment compliant with Speed Skating Canada's rules D3-300 for Long Track Mass Start Competition, and D3-301 for Additional Protective Equipment for Participants Under 15 Years of Age.

Skaters 15 years of age and over (D3-200)	Skaters under 15 years of age (D3-300 & D3-301)
<ul style="list-style-type: none"> Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema. Skate Blades – rear tip of both skater blades shall be rounded to a minimum radius of 1cm. 	<ul style="list-style-type: none"> Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema. Eye Protection – shatter resistant glasses held in place with a strap or complete visor. Hand Protection – leather or synthetic glove offering cut or puncture resistance. Shin Protection – hard plastic and puncture resistant full frontal shin coverage. Skate Blades – rear tip of both skater blades shall be rounded to a minimum radius of 1cm. Head Protection – a helmet must be worn. Knee Protection – impact absorbing full frontal knee coverage. Neck Protection – neck protection made of Kevlar, Dyneema, or ballistic nylon.

Other:

- Lunch will be provided for all participants on Saturday at the Canada Games Centre. Indicate any food allergies in the Medical Profile section of the registration form.
- Participants will be responsible for their own transportation on Saturday from the Emera Oval to the Canada Games Centre.
- Contact tlandon@speedskating.ca for the speed skating schedule on the Oval if you plan on arriving in Halifax prior to the Camp.
- Join HRMOVALSPDSK8 on [Remind](#) for Halifax Oval speed skating updates. Sign up by sending a text message to (902) 812-1103 with the message @ovalspdk8.

Information:

Todd Landon, Long Track Coach

phone: 902-210-1600

e-mail: tlandon@speedskating.ca

fax: 902-425-5928

Lainie Smith, SSNS Administrative Coordinator

phone: 902-425-5450 x 371

e-mail: info@speedskatens.ca



ATLANTIC LONG TRACK CAMP

JANUARY 1-3, 2016

HALIFAX EMERA OVAL

Accommodations:

CAMBRIDGE SUITES HOTEL
halifax

Cambridge Suites Hotel
1583 Brunswick Street, Halifax
1-800-565-1263

www.cambridgesuiteshalifax.com/reservations/

Speed Skate Nova Scotia Rates:

- Studio Guestrooms - \$105
- 1-Bedroom Suite - \$125
- 1-Bedroom Suite / kitchen - \$150

Rates are valid until March 31, 2016

All rates include:

- Complimentary Deluxe Continental Breakfast
- Complimentary internet access & local calls
- Discounted overnight heated parking \$10/night

Reservations can be made in 2 ways:

- Call the hotel and ask for the Speed Skate Nova Scotia rate.
- Book online with the Promo/Corporate Code – SPEED.

Draft Schedule:

	Friday January 1			Saturday January 2			Sunday January 3			
	Competitive	Development	Recreation	Competitive	Development	Recreation	Competitive	Development	Recreation	
7:00							Warm-up 7:00am	Warm-up 7:00am	Warm-up 7:00am	7:00
7:30							Ice 7:30am-8:30am	Ice 7:30am-8:30am	Ice 7:30am-8:30am	7:30
8:00				Warm-up 8:00am						8:00
8:30				Ice 8:30am-9:30am	Warm-up 8:30am		Break	Break	Break	8:30
9:00					Ice 8:30am-9:30am	Warm-up 9:00am				Racing 9:00am-10:30am
9:30				Break	Ice 9:30am-10:30am		9:30			
10:00				Ice 10:00am-11:00am	Break					10:00
10:30					Ice 10:30am-11:30am	Break				
11:00					Ice 11:00am-12:00pm					11:00
11:30										11:30
12:00										12:00
12:30										12:30
13:00				Lunch 1:00pm-2:00pm	Lunch 1:00pm-2:00pm	Lunch 1:00pm-2:00pm				13:00
13:30										13:30
14:00				Presentation 2:00pm-3:00pm	Dryland 2:00pm-3:00pm	Dryland 2:00pm-3:00pm				14:00
14:30										14:30
15:00				Dryland 3:00pm-4:00pm	Presentation 3:00pm-4:00pm	Presentation 3:00pm-4:00pm				15:00
15:30		Warm-up 3:30								
16:00	Warm-up 4:00	Ice 4:15-5:15								16:00
16:30	Ice 4:45-6:15									
17:00										17:00
17:30										17:30
18:00										18:00
Canada Games Centre				Emera Oval						



ATLANTIC LONG TRACK CAMP

JANUARY 1-3, 2016

HALIFAX EMERA OVAL

INDIVIDUAL CAMP REGISTRATION DUE FRIDAY DECEMBER 18, 2015

Athlete	Name:		
	Date of Birth:		M / F

Speed Skating Club	Club:		
	Coach:		Coach E-mail:

Personal Bests	100m MS:	400m MS:	500m LT:	1000m LT:
	100m ST:	400m ST:	500m ST:	1000m ST:

Fees	<input type="checkbox"/> Competitive Program	\$35.00		
	<input type="checkbox"/> Development Program	\$30.00		
	<input type="checkbox"/> Recreation Program	\$25.00		
	Total:			
	Note: Make cheque for camp fee payable to "Speed Skate Nova Scotia".			

CONTACT INFORMATION

Athlete	Mailing Address: House	City	Province	Postal Code
	Phone:	Cell:	Email:	

Parent / Guardian Contact	Name:	Phone:
	Relation:	Cell:
	E-mail:	Work:

MEDICAL PROFILE

Athlete	Illnesses or Injuries:
	Allergies:
	Current Medications:
	Note: Athletes should carry their provincial healthcare number with them.

PROGRAM CONTACT INFORMATION

Atlantic Long Track Camp
c/o Speed Skate Nova Scotia
5516 Spring Garden Road
Halifax NS B3J 1G6
info@speedskatens.ca

Atlantic Long Track Coach: Todd Landon
E-mail: tlandon@speedskating.ca
Phone: 902-210-1600
Fax: 902-425-5928

