



NNF/USSA National U16 Training Camp

Burlington, Vermont / University of VERMONT

July 24-July 31, 2015

Welcome To The NNF/USSA National U16 Training Camp,

Congratulations on your selection! This camp will be a motivating, educational and challenging week that will help you take the next steps in your ski career. Attached are three forms that you will need to complete and return to the address listed below. Camp payment instructions are listed as well. Please read through this information and please feel contact the Camp Director, Rick Kapala with questions: rick@svsef.org , 208 720-7981

Camp Staff:

The Camp Staff brings together an array of top level coaches from across the country.

Rick Kapala; Director- Sun Valley SEF Nordic Program.

Bryan Fish: US Ski Team Development Coach

Kate Barton: Head Coach Burke Mountain Academy

Amber Dodge: New England Nordic Association Competition Programs

Chris Mallory: University of Vermont Nordic Ski Team

Eric Pepper: Vail Ski and Snowboard Club

Rob Bradlee: Cambridge Sports Union

Paul Smith: Coach Jackson Hole Ski Club

Jake Morgan: Endurance United Nordic Ski Team

Charlie Fereday: Auburn Ski Club

Registration Forms:

- **2015 U16 Camp Registration Form:** Please complete this and return email to Rick at rick@svsef.org by June 26 **AND** Please print off the completed form and mail with payment as instructed below.
- **2015 U16 Camp Participant Emergency Treatment Authorization Form**
- **2015 U16 Camp Participant Release Waiver**
- ***NOTE: All participants MUST be Current USSA Members so be sure to renew by July 1st***

Payment Procedure:

Camp payment is to be made payable and sent to address below by June 26 , 2015.

Intermountain USSA PO Box 6386 Ketchum, ID 83340 Payable to : Intermountain USSA

Camp Fee: \$660.00 Includes all camp lodging, meals, local ground transport , camp materials

Payment questions to Heidi Watanabe heidiwat@cox.net

Camp Logistics:

The camp will be held on the University of Vermont Campus. Athletes and staff will lodge in Hamilton Hall and meals will be served at the UVM Dining Room. UVM offers top level training facilities and venues both on campus and in the surrounding area. WIFI will be available . **Camp Participants and staff are to bring their own bedding materials – sheets, pillow, blanket**

Daily Athletic Program: A Detailed Athletic Schedule will be sent prior to the camp

The staff is designing a week of challenging and educational training opportunities. It is important for all participants to arrive healthy and prepared. The week will be approximately 14 to 15 hours of activity. A detailed plan will be sent out prior to the camp. Evenings will be spent in educational sessions where athletes will be presented an array of materials including foundations of training, positive team dynamics, strategies for proper nutrition and maintaining health and foundations of effective technique.

Each Day will have a similar athletic day schedule

7:15am Morning Activity Session: Warm Up, Mobility and Flexibility Focus

8.00am Breakfast

9.15am Depart to Morning Training

12 – 1.00pm Lunch

3.30pm Depart to Afternoon Training

6.00pm Dinner

7.30pm Evening Presentation

10.00pm Lights out

For those athletes arriving early enough on Friday 7/24 , there will be a directed L1 Distance Run and Core strength session.

Driving Directions:

For those athletes who will be driving to the camp, plan to arrive at: University of Vermont **Hamilton Hall**
438 S. Prospect St Burlington VT. PLEASE NOTE PLANNED ARRIVAL TIME ON ATHLETE REGISTRATION FORM. OF DRIVING , PLEASE ARRIVE BY 5PM ON FRIDAY JULY 24

Air Travel Plans:

CAMP PARTICIPANTS are to arrive Burlington Friday July 24, ideally by 6pm. **Please be sure to complete the air travel details portion of Registration Form.** NOTE that regardless of your arrival time, the Camp Staff will shuttle all athletes from the Burlington airport and transport to the University of Vermont Campus and will also deliver all participants to the airport for departures at the conclusion of the camp

AirPort Shuttles

WE ASK THAT ALL PARTICIPANTS ARRIVING VIA AIR TRAVEL COMMUNICATE CHANGES IN ARRIVAL TIMES DUE TO FLIGHT DELAYS, MISSED FLIGHTS ETC **DIRECTLY TO PAUL SMITH - SHUTTLE COORDINATOR: TEXT AND CALL PAUL WITH UPDATED INFO AT 315 480-6104** so we can be prepared with your shuttle

Food and Medication Allergies:

Please be sure to fill out the sections on food allergies and medications . Feel free to follow up with comments and concerns to Rick Kapala at rick @svsef.org.

Rollerskiing:

All participants will need to come to the camp with rollerskis for both skating and classic and sk/cl rollerskiing poles that have rollerskiing specific road tips. Note that we have several rollerskiing sessions included in the week's program. Please make sure your rollerskis/poles and boots are in good repair when you arrive at the camp. All camp participants will be given a high vis training shirt to be worn at all rollerski sessions and participants are required to wear a helmet at all rollerski sessions.

Equipment:

Running Shoes in Good Repair	Water Belt	Day Pack	Training Clothes	Hear Rate Monitor
More Training Clothes	Swimsuit	Sk/Cl Rollerskis	Sk/Cl poles	Sk/Cl Boots
Note Book	Toilet Kit	Alarm Clock	Sunglasses	Stash – Training Bars

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