

CAMPS FOR LEARNING TO TRAIN ATHLETES

Skill Development Camps

Why Camps?

Camps are an integral part of a progressive club athlete development system. Camps can help young skiers learn ski-related technical skills, teamwork, self-reliance and good eating habits. They can facilitate the recruitment of new participants, motivate, promote friendships, influence lifestyle choices and provide a positive introduction to activities that encourage physical fitness. The list of potential benefits goes on and on.

Planning Your Camp

If you are planning your first camp you may wish to consider the following points:

- ❑ Younger athletes (FUNdamental stage) require more supervision than those in the L2T stage, and organizers need to plan coach/parent support accordingly.
- ❑ A camp program that is too difficult will discourage future involvement. The program may need adapting in order to meet the needs of the youngest and/or less skilled participants, and in some cases alternative activities may be required.
- ❑ Overnight camps - especially weekend camps (Friday evening to Sunday afternoon), where all the athletes stay in one location - are more effective for team building and less demanding on the athletes than single day camps. It is easier to build in rest periods and social time if all the participants are staying at one location.
- ❑ Camps can be used effectively to bridge the period between the end of the snow season and the start up of your fall program in September.
- ❑ Develop your own checklist of tasks to help you with your planning, and add notes as you go along so that the next time it will be easier to do. Below is a starter list:
 - ✓ Develop a draft budget.
 - ✓ Determine the dates for the camp, where it will be held and who will help with the coaching.
 - ✓ If it is a snow camp, connect with the ski area to ensure your grooming needs can be met.
 - ✓ Determine how many parent volunteers will be available to help with grocery shopping and food preparation during the camp.
 - ✓ Arrange for transportation (and drivers) as needed for the duration of the camp.
 - ✓ Determine the rates for trail fees.
 - ✓ Determine the maximum number of participants (male and female) that you can accommodate.
 - ✓ Make tentative accommodation arrangements; ensure there are appropriate cooking facilities and enough cold storage for all the perishable foods.
 - ✓ Arrange for special facilities or equipment that you may need – canoes, swimming pool, bowling alley, wax room, etc.

- ✓ Arrange for special presenters (who can present effectively to young skiers) you wish to include – e.g. a high level athlete, an expert on backcountry safety, a nutritional expert, etc.
- ❑ When the above tasks are completed a Camp Notice can be drafted and detailed preparations can proceed.
 - ✓ Develop and distribute a Camp Notice.
 - ✓ Send an information package to your coaches outlining their roles, what equipment they need to bring and an expense claim outline.
 - ✓ Inform your coaches of club/camp policies (i.e. roller ski policy; in-camp transportation policies – e.g. athletes not permitted to transport themselves or others during camp; athlete conduct and disciplinary policies, etc.).
 - ✓ When the number of participants is confirmed develop a meal plan taking into account dietary needs of the participants.
 - ✓ Develop a shopping list for camp groceries.
 - ✓ Ensure parent volunteers looking after food purchase and preparation are aware of the food budget and know the process for purchasing additional groceries as needed during the camp.
 - ✓ Develop an emergency action plan (EAP) and circulate it to all your volunteers and coaches.
 - ✓ Copy your coaches on all correspondence to the participants.
 - ✓ One week before the camp, confirm all reservations.
 - ✓ Send out any final reminders to participants.
 - ✓ Make arrangements for athletes who need to be picked up from the bus station or other stop off point in the community where the camp is being held.
 - ✓ Arrange for a coaches meeting before the camp starts to review the camp agenda, camp policies and everyone's roles and responsibilities.
 - ✓ Arrange for post- camp delivery of athletes to the bus station etc.
 - ✓ Arrange for help with camp clean up on the last day.
 - ✓ Arrange for a camp inspection before departing.

Camp Notices (samples)

Fall Camp Notice

Name of Camp:	Loon Lake Fall Camp.
Dates:	Friday, October 3 rd to Sunday, October 5 th , 20xx.
Location:	Names of nearest community and accommodations (include telephone number). Include written directions or provide a map. Note: all athletes and coaches must stay with the group at the designated accommodations for the full duration of the camp.
Coaches:	Names of coaches. Contact information of head coach.
Camp Begins:	6:00 PM on Friday October 3 rd . You are expected to arrive on time. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
Camp Ends:	2:30 PM on Sunday October 5 th . This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on October 3 rd and stay until the camp ends on October 5 th unless you have made prior arrangements with the Camp Coordinator.
Camp Fee:	Your camp fee is \$xx.00. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and trail passes. The Camp Coordinator must receive your camp fee, registration form and waiver no later than September 28 th , 20xx. Your attendance will not be confirmed until forms and fees have been received.
Camp Schedule:	Includes: <ul style="list-style-type: none">✓ Roller ski sessions - please remember your helmets and reflective vests. You will not be allowed to participate without them!✓ A long hike in <i>challenging</i> terrain.

Enclosures: What to Bring List, Waiver Form, Registration Form

What to Bring List:

- ✓ medical number
- ✓ warm layers of clothes suitable for extreme changes in temperature - from cold to very hot and dry during the same day
- ✓ for rain (jacket & pants)
- ✓ for snow (jacket & polar fleece / poly-underwear)
- ✓ for shine (hiking shorts)
- ✓ light hiking boots and running shoes
- ✓ socks – bring lots of extra socks in case of wet weather
- ✓ regular training clothes
- ✓ heart rate monitor if you have one (borrow one if possible)
- ✓ roller skis (skating skis)
- ✓ ski poles for hiking, pole striding (shorter than your regular classic poles)
- ✓ ski poles (skating) for roller skiing
- ✓ ski boots (skating) for roller skiing
- ✓ bike helmet & reflective vest
- ✓ water bottles – a minimum of two (be prepared to pack enough water for several hours away from camp)
- ✓ daypack (suitable for hiking)
- ✓ sun hat (baseball cap & toque) – expect the unexpected
- ✓ mitts & gloves
- ✓ sun glasses
- ✓ sun screen
- ✓ mosquito repellant (bug spray)
- ✓ personal hygiene items (soap, shampoo, toothbrush, deodorant etc.)

Winter Camp Notice

Name of Camp:	Whiskey Jack Snow Camp.
Dates:	Friday, December 8 th to Sunday, December 10 th , 20xx.
Location:	Names of nearest community, accommodation (include telephone number) and ski trails. Include written directions or provide a map. Note: all athletes and coaches must stay with the group at the designated accommodation for the full duration of the camp.
Coaches:	Names of coaches. Contact information of head coach.
Camp Start Time:	6:00 PM on Friday December 8 th . Participants are expected to arrive on time. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
Camp End Time:	2:30 PM on Sunday December 10 th . This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on December 8 th and stay until the camp ends on December 10 th unless prior arrangements have been made with the Camp Coordinator.
Camp Fee:	The camp fee is \$xx.00. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and trail passes. The Camp Coordinator must receive your camp fee, registration form and waiver no later than December 01, 20xx. Your attendance will not be confirmed until forms and fees have been received.

What to Bring List:

- ✓ all gear for classic and skating sessions (skis, poles, boots)
- ✓ skis glide waxed and ready to go
- ✓ basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- ✓ paper towels
- ✓ ski suit & warm-ups, running shoes
- ✓ heart rate monitor
- ✓ outdoor clothes for all weather conditions
- ✓ homework
- ✓ bathing suit
- ✓ small backpack
- ✓ personal toiletry items, including a towel
- ✓ water bottles
- ✓ medical number

Contact information for the Camp Coordinator; who to make the cheque out to
Where to send the forms and payment (name the forms); the deadline for registering for the camp;

Camp Registration Form (sample)

Camp Name and Location: _____

Athlete's Full Name: _____

Parent/Guardian Name(s): _____

Mailing Address: _____

Postal Code: _____ Telephone: _____

Email Address: _____

Date of Birth: Year _____ Month _____ Day _____

Name of Club: _____

Name of Personal Coach: _____ Telephone: _____

Recent Injuries: _____

Food Allergies/ Dietary Concerns: _____
(e.g. diabetic, vegetarian, nut allergies, etc.)

Other Allergies/Medical Concerns: _____
(e.g. asthmatic, drug allergies, etc.)

Current Medications: _____

Emergency Contact: _____ Telephone: _____
(in the event of an emergency this person will be contacted when parents are not available)

Care Card Medical No: _____ Dental Plan No: _____

Name of Family Doctor: _____ Telephone: _____

Return registration form, camp waiver and payment to the Camp Coordinator at:

Camp Coordinator name

Mailing address

Telephone #

Email address

CCC Camp Waiver Form – THIS WAIVER HAS BEEN REPLACED BY FORM #6 IN THE 2014 CCBC MEMBERSHIP / INSURANCE GUIDE. Please use the current form.

Note: This waiver will cover participation in all of the activities encompassed in the named camp.

Name of Camp: _____

Location/date(s) of Camp: _____

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called CCC), _____

_____ (hereinafter called the Host Division) and

_____ Ski Club (name of hosting Club, hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC, Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC, Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC, Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the camp, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the camp, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC, CCBC** and the **Host Club** of any materials containing my name or picture, and I release to **CCC, the CCBC** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC, Host Division** and the **Host Club**, and to follow the instructions of the coaches/organizers during the camp.

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of

Name of Parent/Guardian: _____

Date: _____

Parent/Guardian Signature: _____

Witness: _____

Submit this form to the Camp Coordinator prior to participating in the camp.

Attention Host Club: Please have all non-club members sign this form when participating in a club-organized camp. All club members having completed the Club Waiver Form upon application to the club need not complete an additional waiver form when participating in their own club camp. Participant Waiver Forms are to remain with the **Host Club Executive. DO NOT** submit these forms to **CCC** or your Division **Office**

Fall Camp Worksheet

Age Range: 9 to 12 # Boys: _____ #Girls: _____

Overall Emphasis: _____

Friday

18:00

21:30

Saturday

7:30

21:30

Sunday

7:30

14:30

Camp Agendas (samples)

Fall Camp Agenda

Friday Evening

Arrive at Camp

- 18:00 Icebreaker game (frisbee, Capture the Flag, soccer)
- 18:45 Roller ski safety session; roller ski session (skating) at Dempster Elementary School parking lot; drink and snack break; mini-speed and agility workout
- 20:00 Camp information session; snacks
- 21:30 Lights

Saturday

- 7:30 Chores; breakfast; clean up from breakfast; pack bag lunch for hike
- 9:00 Introduction to general strength exercises (include medicine ball; Swiss ball); drink and snack break
- 10:00 Game – Dragon Tails
- 11:00 Hike to Lookout with poles; ski walking using proper technique; integrated discussion on training intensities and zones
- 12:30 Lunch/rest
- 15:00 Arrive back at camp; drink and snack break; rest period
- 16:00 Introduction to flexibility session
- 17:00 Chores; dinner; clean up from dinner
- 19:00 Presentation or video/DVD on hydration and nutrition
- 19:45 Game – Sharks and Minnows
- 21:30 Lights out

Sunday

- 7:30 Chores; breakfast; clean up from breakfast
- 9:00 Introduction to core strength - five exercises taught properly; drink and snack break
- 10:00 Organize into groups; Team Orienteering
- 11:00 Team relays including “The Great Canadian Candy Scramble”
- 11:45 Lunch; clean up after lunch; pack; clean up cabins
- 12:45 Roller ski technique session (skating) at Dempster Elementary School parking lot; drink and snack break
- 14:30 Wrap up

Winter Camp Agenda

Friday evening

- 18:00 Icebreaker game
- 18:45 Hands on ski preparation session (cleaning skis and grip waxing); drink and snack break; discussion on appropriate ski equipment (boots, poles, skis)
- 20:30 Camp information session
- 21:30 Lights out

Saturday

- 7:30 Chores; breakfast; clean up from breakfast

9:00	Classic technique session (zone 1) with on-site video replay; drink and snacks
11:00	Rest and homework, individual feedback on video
12:00	Chores; lunch; clean up after lunch
13:15	Downhill technique session with on-site video replay; drink and snacks
15:00	Group soccer game on skis
15:45	Race strategy session (pre-race and post-race); athletes develop their own pre and post race routines for the next day; organize into relay teams for Sunday
17:30	Chores; dinner; clean up after dinner
19:00	Bowling
21:00	Drinks and snacks
22:00	Lights out

Sunday

7:30	Chores; breakfast; clean up from breakfast
8:30	Skating technique session (zone 1) with on-site video replay; drink and snacks
10:30	Obstacle Relay; practice pre and post race routines; recognition/focus on good technique and effective relay exchanges
12:00	Chores; lunch; clean up after lunch
13:00	Treasure Hunt
14:00	Pack; clean up cabins
14:30	Wrap up

7.2.6 Coach “To Bring List”

- ☐ Video Camera.
- ☐ Heart rate monitors.
- ☐ Props for games (soccer ball, frisbee, hula hoops).
- ☐ Roller ski equipment (fall camps).
- ☐ Ski equipment – skis, boots, poles (snow camps).
- ☐ Wax box and tools (snow camps).
- ☐ Wobble boards, tension bands, Swiss balls, medicine balls, mats, pull up bar, stop watch, step up block etc.
- ☐ First aid kit.
- ☐ Radios.
- ☐ Cell phones.
- ☐ Emergency Action Plan.
- ☐ Medical waivers/information sheet.
- ☐ Extra roller ski safety vests, helmets etc.
- ☐ Roller ski signs for sides of road (SKIERS IN AREA, etc.).
- ☐ Videos/DVDs (nutrition, technique, waxing, training, races etc.).
- ☐ Handouts.
- ☐ Wax bench/ski form.
- ☐ DVD player/ laptop and projector.

- ☐ Board games, cards, appropriate videos (for evening social time).
- ☐ Copies of policies, procedures.
- ☐ Camp Evaluation Forms.
- ☐ CCC Accident Report Forms.
- ☐ Assessment Forms (flexibility, core strength, etc.).

Risk Management for Camps

- ☐ You will find most of the liability insurance information you require in your club's CCC Membership/Insurance Guide. As a club coach you should be familiar with this document. Read it carefully!
- ☐ Club and regional camps (like other normal cross-country ski programs organized by your club) are covered under the CCC Liability Insurance Program, provided this type of activity has been reported by your club.
- ☐ The use of a CCC Camp Waiver Form is required if an athlete is not a current member of the host club. Refer to section 7.2.3 for a copy of the form.
- ☐ Under the CCC liability insurance program, coaches have liability insurance coverage for all normal cross-country ski training activities provided they are registered members of their club.
- ☐ Camp organizers should have copies of the CCC Accident Report Form in case of injuries to athletes, coaches and/or volunteer helpers. A copy of this form is available in the CCC Membership/Insurance Guide.
- ☐ Refer to section 6 in the ICC Reference Material and section 8 in this Reference Material for detailed information on the risks associated with cross-country ski activities and emergency action plans (EAP).
- ☐ Some types of camps, such as those involving training on glaciers, certain hiking routes, backcountry skiing in avalanche areas, the use of helicopters, etc., have higher than usual risks associated with them. If you are planning a camp of this kind you may wish to consult with the insurer, through your club and division, to find out if there are any restrictions you should be aware of, and/or if there are any additional steps/requirements that you need to consider.

Camp Meals

Preparing for and cleaning up from camp meals is an important component of an athletes' education – it has the potential to develop both their self-reliance and an awareness of their nutritional needs.

In an ideal situation, skiers' camp experiences will begin when they are eight to ten years of age, and their skills and knowledge will build as they grow. The objective is to teach them how to eat appropriately as an athlete, both at home and away from home,

regardless of their family situation. As they develop, athletes can be given increasing responsibility. For example, during the FUNdamentals stage the camp organizers may purchase the food and prepare group meals while the athletes take turns peeling the vegetables, setting the table and/or doing the dishes. During the Training to Train stage, the camp organizers may purchase the food, store it at the camp location and provide instructions (including recipes for the athletes to use – see below!), while the athletes are entirely responsible for preparing their meals and cleaning up afterwards.

Sample Shopping List

This list is for 25 athletes and five coaches who will be staying in cabins with a kitchen facility and basic cooking utensils. They will be preparing their own meals.

❑ Dairy

- ✓ two large blocks of cheese (two kg each) cut into smaller blocks and put into zip lock bags
- ✓ one pkg of margarine with 12 individual squares per package (1-2 squares per cabin)
- ✓ yogurt (14 - 750 ml containers - two per cabin - most popular flavours strawberry & peach)
- ✓ cream cheese - four blocks (250gm) cut in half (1/2 block per cabin)
- ✓ milk (seven) four litre jugs (one per cabin) - may have to replenish on Saturday or Sunday
- ✓ ice cream (four) four litre containers (every second cabin gets a pail) - strawberry ripple & chocolate ripple most popular flavours
- ✓ eight dozen eggs - one dozen per cabin & a few extra for the five person cabins
- ✓ parmesan cheese - three cans

❑ Bread & Cereal

- ✓ seven dozen bagels - cheese, sesame or multigrain are good choices
- ✓ whole wheat bread - seven loaves (one per cabin)
- ✓ six or seven dozen buns (Italian or kaiser roll type) to be used for lunches and with whole wheat spaghetti
- ✓ cereal: three jumbo Cheerios; three jumbo Shreddies; three jumbo Raisin Bran
- ✓ one large box of instant variety pack oatmeal (40 individual servings per box)
- ✓ rice - two packages (two kg size) of parboiled white or brown rice (not instant); this will have to be separated into zip lock bags
- ✓ spaghetti - 10 packages of 500 gram whole wheat spaghetti (one per cabin & some extra)
- ✓ ten 680 ml can of spaghetti sauce

❑ Meat Products

- ✓ Three 200 gram pkgs of cold meat per cabin of black forest ham (seven 200 gm pkgs); roast beef (seven 200 gm pkgs); chicken or turkey breast (seven 200 gm pkgs)
- ✓ purchase frozen meatballs (three packages/boxes) and add them to the sauce; approximately 64 meatballs per package
- ✓ Two boxes (four kg size) of frozen chicken breasts (approx. 20 per box); divide four or five in zip lock baggie and put into cabins in fridge
- ✓ three cans of tuna fish (packed in water)

☐ **Fruit & Vegetables**

- ✓ Romaine lettuce (five heads)
- ✓ 14 cucumbers (two per cabin)
- ✓ seven bags of carrots (pre-peeled mini carrots)
- ✓ 14 peppers (seven each red and green)
- ✓ broccoli (seven bunches - ½ per cabin)
- ✓ apples (15 lbs) - green & red
- ✓ navel oranges - one large bag (10 lbs)
- ✓ one dozen good sized tomatoes
- ✓ 40 bananas (maybe cheaper to buy a case of bananas)
- ✓ three heads of garlic – divide and put in fridge of each cabin

☐ **Drink Crystals**

- ✓ one large country time lemonade crystals (1.8 kg jar)
- ✓ six boxes of juice (six litre boxes) or 36 one litre boxes

☐ **Staples**

- ✓ napkins
- ✓ ziplock bags (one jumbo box (60) of large size & one jumbo box of medium size)
- ✓ foil and seran wrap (one roll of each)
- ✓ peanut butter (one 2 kg jar)
- ✓ strawberry jam (one large jar)
- ✓ sugar (one 2 kg bag) - can be divided into small baggies
- ✓ two bottles medium size of salad dressing (ranch & creamy Caesar most popular)
- ✓ two large mustard squeeze bottles (for sandwiches)
- ✓ soy sauce & teriyaki sauce (two large containers)
- ✓ mayonnaise (one 1 litre jar)
- ✓ coffee - two packages - for coaches
- ✓ tea - one small box - for coaches
- ✓ dry soup packages that can be made up individually (48)
- ✓ granola bars - one jumbo pkg
- ✓ crackers - six jumbo stone wheat thins (red oval) 900 gms

☐ **Treats**

- ✓ cookies of choice - four jumbo boxes
- ✓ large box of natural flavor micro-wave popcorn
- ✓ hot chocolate powder (big box of individual servings)
- ✓ marshmallows & generic rice crispies (one large box) to make rice crispie squares

Cooking Tips - Fall Camp

(sample handout for athletes preparing their own meals)

Some of you are “pros” at cooking and food preparation.... and for others the next three days will be a learning experience! Please learn from one another and remember that teamwork is the KEY. One person should not be doing it all.

- ☐ Always wash your hands before & after doing any food preparation.

- ❑ One small cup (mug) in your room can be used for your measuring cup. One of these mugs is equal to ½ a cup.
- ❑ Every second cabin has mustard, mayonnaise and salad dressing - visit your neighbor if it is not in your fridge.
- ❑ Think ahead. When you have a quiet moment at lunch or an afternoon break, wash and peel carrots, celery and cucumbers for snack time. A supply of these peeled and cut veggies should be available in the fridge at all times.
- ❑ A different athlete could be assigned to peel and chop each day.
- ❑ If you need to restock, the supplies are in the coaches' cabin.
- ❑ Adult food consultants will be available to help with the two dinners; lasagna and stir-fry. They are to assist you in following the recipe; they are not expected to do the cooking for you.
- ❑ Read the entire recipe before you start cooking.
- ❑ Be respectful of different food preferences; it is better to add spice to your own stir-fry, than to make the pan too spicy for your roommates!
- ❑ One of the coaches will be around during the lunch hour to assist you and answer food questions.

Breakfasts

- ❑ **Saturday**
 - ✓ Cold cereals / oatmeal
 - ✓ Fruit
 - ✓ Bagels / toast
 - ✓ Yogurt
 - ✓ Milk / juice

Individual Microwave Servings of OATMEAL
Read the package for directions. It is instant!!

- ❑ **Sunday**
 - ✓ Scrambled eggs
 - ✓ Toast, yogurt, fruit, milk & juice

Scrambled Eggs Recipe (makes 4 to 6 servings)
1 dozen eggs (2 eggs per person)
1 tsp of pepper & salt if desired
¼ cup milk
½ cup grated cheese

- *crack eggs into a large bowl*
- *beat until uniform in colour and yolks are broken*
- *add salt, pepper and cheese mix well*
- *oil frying pan lightly with margarine*
- *heat frying on medium & when margarine starts to sizzle pour in ingredients*
- *shove eggs around as they cook*
- *eggs are ready in approximately 5 minutes*

Remember to wash your hands before and after food preparation!

Restock your supply of peeled washed & cut vegetables

Lunches

☐ Saturday and Sunday

- ✓ Cold Meats are available in the fridge & canned tuna is also available. The most nutritious cold meats are roast chicken, & roast turkey, however lean ham and roast beef are also good choices.
- ✓ Cheese and veggies should be ready for sandwich construction.
- ✓ Cheese and crackers are another lunch option.
- ✓ Help yourself to some fruit!

Your lunch break is a good time to wash lettuce for the evening salad. Let it dry in the sink for half an hour, shake it dry and store in a plastic baggie in the fridge.

Please replenish your supply of washed and peeled vegetables.

Now is the time to replenish your fruit supply from the coaches' cabin

- ✓ Refill your water bottle with sport drink.
- ✓ Make-up container(s) of juice.

Dinners

Don't forget to wash your hands before and after preparing dinner!!

This is a group effort that requires cooperation.

☐ Saturday – Option #1

- ✓ Chicken stir-fry (vegetarians can substitute tofu for chicken)
- ✓ Rice

Read the entire recipe for both stir-fry and rice before starting!!

Designate someone to cut the chicken into small pieces, to set the table, and another to make the rice. Elect a main cook and assistant.

Start cooking rice before starting to cook the Chicken stir-fry!

Extra soy sauce & hoisin can be added on the side to taste.

Rice Instructions (4 to 8 Servings)

2 cups rice

4 1/2 cups water

- add water in a large to medium pot
- bring water to a full boil
- add rice – do not stir
- cover pot with a lid
- reduce heat to low immediately
- cook without “peeking” for 20 minutes
- remove pot from element and let stand covered for five minutes (if too much water was added you must drain the water from the cooked rice)
- fluff with fork and serve

Chicken Stir-Fry Instructions

- remove chicken from fridge
- select one chicken breast per athlete
- cut chicken into small strips or pieces
- chop freshly washed veggies (onion, peppers, carrots, mushrooms, broccoli)
- heat 2 tablespoons of oil in a large frying pan and the temperature should be on medium /high
- add chicken, stir- fry for 6 to 10 minutes (should be completely white in colour)
- add garlic and fresh washed & cut vegetables
- stir-fry until tender crisp approximately 5 to 10 minutes (any longer & the veggies will be mushy!)
- add approximately ¼ to ½ cup hoisin sauce or soy sauce or a mixture of each according to your preference!

❑ Saturday – Option #2

- ✓ Lasagna
- ✓ Tossed green salad
- ✓ Buns

Lasagna Instructions

- remove lasagna from the refrigerator and read the directions.
- cover the lasagna with tin foil tenting loosely, so that the cheese does not stick to the foil as it is cooking.
- remove the foil for the last 15 minutes of cooking.
- if the lasagna is thawed and not frozen it should be ready in approximately 35 to 45 minutes. If it is still frozen it may take as long as 1 hour to cook.

Salad Instructions

- wash lettuce and let drip-dry or dry with clean towel. Do this in the AM or at lunch & refrigerate for crispy lettuce!
- tear washed lettuce (gently) into small pieces, and arrange in a large bowl
- add an assortment of vegetables, cleaned, peeled and chopped...(carrots, peppers, celery, mushrooms, onion, cucumber, tomato etc.)
- toss with large spoons
- serve with salad dressing on the side.
- every second cabin will have salad dressing & so visit your neighbor with an empty mug to fill with salad dressing.
- serve with a spoon.

An alternative would be to serve fresh cut veggies and use the salad dressing as dip....

Camp Evaluation Forms (samples)

(Adapt according to the camp objectives and the athletes' stage of development)

Fall Camp

Location: _____ Date: _____

Do you feel that the camp environment was friendly and welcoming? Yes/No

Did you receive enough one-on-one support from the coaches? Yes/No

Did you learn more about proper hydration and nutrition? Yes/No

Could you demonstrate the difference between static and dynamic stretching to another skier? Yes/No

Did you learn more about how to control your speed when on roller skis? Yes/No

Do you feel that you now know a basic core strength routine well enough to do it on your own? Yes/No

Do you know when it is beneficial to use ski walking? Yes/No

Do you plan on participating in another cross-country ski camp in the future? Yes/No

Please write down any additional comments you have about the camp:

Winter Camp

Location: _____ Date: _____

Do you feel that the camp environment was friendly and welcoming? Yes/No

Did you receive enough one-on-one support from the coaches? Yes/No

Do you feel that your classic technique improved? Yes/No

Do you feel that your skating technique improved? Yes/No

Did you receive some good tips on how to improve your technique that you can take home to work on? Yes/No

Did you learn more about nutrition and recovery? Yes/No

Are you more confident about applying your own grip wax when preparing you skis for practice sessions? Yes/No

Do you plan on participating in another cross-country ski camp in the future? Yes/No

Please write down any additional comments you have about the camp:

First Aid Kit

A complete first-aid kit is essential. The kit should be prepared to treat the most common problems that you would anticipate at a practice session or competition. This would include supplies for major trauma, illness, small wounds and blisters. You will require diagnostic tools and medication – and don't forget the directions. If you are undertaking a special activity such as an overnight hiking trip or a backcountry ski you may require additional activity-specific contents.

The best preparation for dealing with an injury or illness that requires first aid is to have attended appropriate first aid training courses and to be current.

☐ **Factors to consider when planning a first aid kit:**

- ✓ What type of activities it will be used for (practice sessions, a long hike into a remote area, water-based activity, etc.).
- ✓ Number of participants.
- ✓ Length of activity (practice session, camp, trip, etc.).
- ✓ Remoteness.
- ✓ Likely environment (cold, heat, altitude, etc.).

☐ **Protect your first aid kit from:**

- ✓ Moisture.
- ✓ Rough handling.
- ✓ Expired dates.

☐ **Essential contents** - the following list is a standard St. John's Ambulance first aid kit "essential" list for hiking, cycling, skiing and similar activities:

- ✓ 15 cleansing wipes.
- ✓ 4 knuckle bandages.
- ✓ 4 gauze pads (5 cm x 5 cm).
- ✓ 1 gauze pads (5 cm x 4.5 m).
- ✓ 1 pressure bandage (5 cm x 5 cm).
- ✓ 1 adhesive tape (1.25 cm x 4.5 m).
- ✓ 2 triangular bandages.
- ✓ 1 pair of tweezers.
- ✓ 1 pair of scissors (14 cm).
- ✓ 1 rescue sheet.
- ✓ 25 adhesive bandages (1.9 cm x 7.5 cm).
- ✓ 2 small fingertip bandages (butterfly bandages).
- ✓ 4 gauze pads (7.5 cm x 7.5 cm).
- ✓ 1 gauze bandage (7.5 cm x 4.5 m).
- ✓ 1 pressure bandage (10cm x 10 cm) (abdominal dressings; breathable, silicone waterproof).
- ✓ 1 pair of vinyl gloves.
- ✓ 1 first aid pocket guide.

❑ **Additional items to consider including:**

- ✓ AR mask.
- ✓ moleskin – transparent blister tape.
- ✓ oral thermometer.
- ✓ accident report form (or notebook and pen).
- ✓ polysporin.
- ✓ tincture of benzoin.
- ✓ 1 disposable razor.
- ✓ metal splints.