



# Summer Camp 2014

## July 14 - 18 & 21 - 25

# Information Package

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### **Location**

The Toronto Speed Skating Club's Summer Camp will be held at the MasterCard Centre (Rink 1), located at 400 Kipling Avenue, Etobicoke, Ontario.

### **Camp check-in**

Mondays, inside Rink 1, by the change rooms. Come introduce yourself and collect your camp t-shirt.

### **Week 1: July 14**

Between 7:30 am and 8:00 am

### **Week 2: July 21**

Between 8:30 am and 9:00 am

### **Camp Presentations: Monday July 14<sup>th</sup>**

Please join us (parents and skaters) to meet the team delivering the camp. A brief presentation of the camp will be given outlining camp objectives, program and main camp events. Take a seat in the stands right in front of the change rooms, Rink 1, MasterCard Center.

### **Groups 3 & 4**

Presentation starts @ 7:45 am

### **Groups 1 & 2**

Presentation starts @ 8:30 am

### **Daily schedule**

#### **Week 1: July 14 – 18**

Groups 3 and 4: Programming starts at 8:15 am and runs to 4:00 pm. We will provide post camp childcare until 5:15 pm for those who cannot pick up before that.

Groups 1 and 2: Programming starts at 9:00 am and runs to 5:15 pm.

Please arrive early enough to give yourself time to check-in with the camp volunteers, and be ready to begin at your scheduled start time.

All skaters are required to check-out with the camp volunteers before departing for the day. Parents are kindly requested to promptly pick up their skaters between 5:15 pm and 5:30 pm, or earlier for group 3 and 4 skaters.

#### **Week 2: July 21 – 25**

All groups: Programming starts at 9:15 am and runs to 4:45 pm. Exception: camp starts at 10:45 am and runs until 5:15 pm on Friday July 25<sup>th</sup>.

Please arrive early enough to give yourself time to check-in with the camp volunteers, and be ready to begin at your scheduled start time.



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All skaters are required to check-out with the camp volunteers before departing for the day. Parents are kindly requested to promptly pick up their skaters between 4:45 pm and 5:00 pm.

## Program

A detailed program will be posted daily each morning, detailing what each group will be doing for the day. Make sure you have a look at arrival every morning.

### Group 4, week 1 and Group 3, week 2:

We kindly request the help of parents to tie your skater's skates for the first skating session each day.

## Equipment

**For skating:** Short track speed skates, skinsuit (or tight stretchy pants with shin guards and a long-sleeve shirt), gloves, helmet, neckguard, ankle guards and glasses. Cut-resistant body suits are highly recommended. Extra set of blades if you have them.

We highly recommend buying a pair of EZFits (neoprene sleeves that are worn on the ankle and cover the most tender areas around the ankle bone and the heel) to use at the camp, especially for younger skaters. There will be a lot of skating and EZFits will help prevent blisters. You can buy EZFits from [www.shoeicreations.com](http://www.shoeicreations.com) or other speed skating retailers.

In accordance with SSC Regulation D3-100, all skaters must wear hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards, shatter-resistant protective sport-glasses or a complete visor held in place by an elastic strap. The corners of skate blades must be rounded off.

**For off-ice activities:** summers in the Toronto area can be very hot and humid. Please prepare for this possibility, expect high temperatures and high humidity and dress accordingly.

Here is a list of suggested additional items (labelled please) to bring with you at the camp.

2 full sets of dryland clothes	Running shoes	Water bottle	Cables
Sharpening kit & tools	Sunblock	Hat	Yoga mat
Sweater/hoodie			

## Lunch

Lunch is not included in the camp registration fee. We recommend that you bring a nutritious lunch and snacks, along with sufficient drinks to keep you hydrated. Some of the dryland will take place outside, weather permitting, so please come prepared to re-hydrate after exercise and throughout the day. Skaters are encouraged to bring their own lunch in a cooler each day as no refrigeration is available at the ice rink facilities. Vending machines are available for drinks and snacks.

The arena concession stand will be open and offers a limited supply of food options such as hot dogs, hamburgers and chili.

There is a Tim Horton's right next to the arena. Skaters aged 13 + are free to exit the arena at lunch time – but are responsible to make their way back in time for the start of the after-lunch program. Skaters below 18 are kindly requested to check-out with the camp volunteers before exiting the arena, as well as check back in upon their return. This will greatly help in monitoring minors whereabouts.



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#### **Picnic Dinner on Wednesdays**

Skaters and their parents are invited to a barbecue on Wednesday, at 5:30 pm, at picturesque Colonel Samuel Smith Park, located just 500m south of the MasterCard Centre. Details will be shared at the rink. Please confirm your attendance with the camp volunteer upon checking-in on Monday.

Skaters and families can either walk or drive to the park – maps will be provided at the rink. For those driving please identify whether you can offer others a ride so that we can organize car pooling as well.

#### **Billeting**

Billeting requests have been addressed individually and all skaters should have been put in contact with a host family. If your request has not been addressed please contact [josee.letarte@rogers.com](mailto:josee.letarte@rogers.com) as soon as possible.

#### **Coaching Update**

We are really excited of the coaching roster for our camp system. Coaches for the camp include:

- Steve Robillard – Lead coach – weeks 1 & 2
- Gabriel Girard – Co lead – weeks 1 & 2
- Elizabeth Ward – Montreal Gabdois coach, former Elite skater – weeks 1 & 2
- Dawn Drummond Hill – Toronto co head coach – weeks 1 & 2
- Cam Boyd – Toronto co head coach – week 1
- Kevin Sun – Toronto skater, currently training at Montreal RTC – week 1
- Jérôme Boivert-Lacroix – Montreal Gabdois coach, former Elite skater – week 1
- Valérie Maltais\* – Current National Team member and 2014 Olympic Silver medalist – week 2
- Will Wallace – Toronto co head coach – week 2
- William Preudhomme – Toronto skater, currently training with the National Team – week 2
- Jesse London Wallace – Montreal Gadbois coach and former Toronto skater – Fri 18<sup>th</sup> & Mon 21<sup>st</sup> only
- Annika Engholm – camp coordinator – former Toronto skater – weeks 1 & 2

Note: Valérie Maltais was originally advertised to be coaching at the camp both weeks, but has a conflicting engagement in Mexico during week 1. We apologise for the change.