



## 2016 Fall Training Camp – Burnaby Lake

### Purpose of Camp:

- Technical development in singles and crew boats at GA1/aerobic capacity intensity
- Continue developing crews in preparation for the 2017 Canada Summer Games
- Provide information on Provincial Team Program activities for the 2016-2017 season
- Celebrate our athletes, coaches, officials and volunteers for their achievements this season at the CKBC Scholarship and Awards Banquet

### Date:

- November 11-13, 2016
- We will meet for the first training on Friday at 10 am at Burnaby Canoe and Kayak Club (BCKC)
- We will finish on Sunday afternoon after the Long Distance Assessment

### Location:

- Burnaby Lake/Fortius Athlete Development Centre

### Guests:

- Mark Granger, Athlete Development Officer, CanoeKayak Canada

### Cost:

- \$100 (includes Banquet ticket and meal on Friday evening).
- A late fee of \$20 will be charged for registrations after 4 pm on Saturday, November 5.

*Sport on the Move Grant is available for those coming from the Island or Interior*

### Who:

- Athletes on the 2015-2016 Provincial Team and 2016 Canada Summer Games Long List Squad. Additional athletes may participate provided they receive permission from Blake.

*All Provincial Team Athletes are required to attend the Camp. An athlete that is unable to participate must notify Blake as soon as possible.*

### Registration:

- Please register on the CKBC website by 4 pm on Saturday, November 5:  
<http://canoeKayakbc.sportical.com/events/2188>

### Accommodation:

- TBD - The 2016 Taekwondo Junior World Championship is being held in Burnaby. As a

result, there is no space presently at the Fortius Lodge. We were told – however – that a block of rooms might be released and available for us. We will keep everyone posted.

**Meals:**

- Lunches will be included
- Dinner on Friday will be provided

**CKBC Awards and Scholarship Banquet**

- The Banquet will take place at 6 pm on Friday at BCKC
- We will recognize athletes, coaches, officials and volunteers. There will also be a silent auction.
- Dinner will be provided
- More information: <http://canoekayakbc.sportical.com/events/2946>

**Additional Notes:**

- Plan to bring clothing and equipment for all conditions, including gear for the gym and running
- A detailed training schedule will be sent prior to the start of the Camp
- There will be a Coach's Technical Committee Meeting on Saturday evening at Fortius.

Should you have any questions, please don't hesitate to contact Blake Dalton (blake@canoekayakbc.ca).