

Whistler Sport Legacies

Athlete Development Summer Camp August 22 – 26, 2016



Whistler Sport Legacies believes the pursuit of sport is a catalyst for individual and community development, and we are committed to supporting athletic excellence, teamwork, respect and empowerment through sport. From playgrounds to podiums, WSL encourages athletes to explore sports to discover, develop and excel in their disciplines with the use of our world class facilities, professional coaches and sport excellence training.

This summer, current or aspiring provincial athletes will be offered a very special camp opportunity in Whistler.

What does it mean to exercise in a training centre environment with all-day training support and guidance? How does a world-class training facility increase performance and motivation? Participants will be introduced to these aspects of performance training August 2016. The camp is for individual athletes or teams who would like to advance their all around athleticism.

Who: 12 – 15 year olds who are active in/ committed to any winter or summer sport discipline.

Technical Services

- Daily Physical Conditioning Coaching
- Field Testing
- Sport Readiness Assessment
- benchmark results

Performance Services

- Strength and conditioning
- Recovery and regeneration sessions
- Nutrition education
- Mental performance

Camp Activities

- Running
- Trampoline
- Hiking
- Cycling

Registration Space is limited, registration deadline is July 25, 2016. To register, please contact the Manager, Program Development:
tmitchell@whistlersportlegacies.com or by phone 604-964-0031.

Information & Booking:

Tami Mitchell
Manager, Program Development
tmitchell@whistlersportlegacies.com
604-964-0031 cell:604-907-0365



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Costs

<i>CDN \$, not incl. taxes</i>	Individual participant	Team of 6	Team of 12
Camp Only	\$300	\$250/pp	\$200/pp
*Camp and Boarding	\$550	\$500/pp	\$450/pp
*Boarding includes Accommodation and meals.			

*Meals

Breakfast, lunches and dinners will be provided. Please indicate any food allergies or specific meal requests upon registration.

*Accommodation

To optimize the Training Centre experience, all athletes will stay at the Whistler Athletes' Centre, which used to be the Olympic Village during the Games in 2010. Today it is a high performance training and lodging facility.

Transportation

Daily transportation from Whistler Athletes' Centre to Whistler Olympic Park, Whistler Sliding Center and other camp activities. For transportation to Whistler Village, there is easy access through public transit from the Athletes' Centre.

Equipment to Bring

Athletes will need to bring their skiing and bike helmet, bike road and x country, gym clothes, running & hiking shoes, rain jacket, a hydration belt and/or a light backpack.



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