

SKATE INTO SUMMER CAMP
Monday July 11 to Thursday July 14, 2016 8am-5pm
Q-plex: 20 Randy Jones Way, Quispamsis
www.sispeedskaters.ca

- **CHECK-IN** Monday 7:30-8:15. Label your helmet, water bottle and t-shirt with the provided stickers.
- **KNOW YOUR SCHEDULE.** It will also be posted in the change room. Changes will be posted on the large schedule in the hallway. **BE ON TIME FOR ALL ACTIVITIES.**
- Each group will have a parent or skater leader.
- **FIRST AID KIT** is on or by the ice, and some first Aid supplies are in the coaches room
- Skaters are **NOT ALLOWED** in the Coaches/Volunteers room.
- Use the Players entrance only, even when doing activities on the field side of the grounds. It is the most direct route to the change rooms, and keeps us out of the way of the other Q-plex users.
- **KEEP IT CLEAN** All spaces inside and outside must be kept clean. Remove dirty shoes. Clean up after eating.
- There is **NO RUNNING** allowed on the walking track and please be considerate of the walkers. You can run in the hallways and outdoors.
- Skaters under the age of 10 must have a parent or guardian present during the camp.
- Keep up the speed skater reputation of friendliness, politeness, respect and good behavior.
- Obviously there is no smoking, drinking or drug use. Doing so will result in expulsion from the camp.

APPAREL and EQUIPMENT

Wear appropriate athletic clothing, footwear and socks. Bring changes of clothing. Camp t-shirts for photos on Monday.
MANDATORY SKATING EQUIPMENT (photo on website)

- Speed skates - sharpened and well fitting with hard (walking) and soft guards for the blades
- Helmet (speed skating preferred, but beginners may use well fitting bike, ski or hockey helmets)
- Neck Guard -bib style to cover upper chest (even if you wear an undersuit)
- Gloves (leather, ski or speed skating), Protective eyewear (safety glasses, clear lens, with strap)
- Ankle guards (kevlar or dyneema), Shin Guards (Hard, basic soccer style) and Knee Pads (built in or soft style)
- Cut resistant undersuits are highly recommended, especially for advanced skaters.

PARENTS INVITATION to stay and listen to the **NUTRITIONIST** and **STRENGTH DISCUSSION** sessions. See schedule for a time that works for you.

DRESS UP DAY. To keep things fun, we invite all skaters during one skate this week to dress up in funky clothes, costumes, whatever your imagination allows. **BUT** nothing that can fall onto the ice - e.g.. beads, feathers, etc. Coach will decide if not appropriate and you will have to remove item.

MINI MEET T-SHIRT. Look at the group list for the mini meet to see which group you are assigned. Bring a colour T-shirt matching your group to wear over your skin suit for the mini meet. Either green, red, blue or orange.

FOOD

- Pack a good nutritious lunch and plenty of healthy fruit and snacks. Hydrate well and often.
- There is a canteen outside by the playground at the Qplex.
- Parents or guardians can take the skaters off-site for lunch if desired. Take note of lunch times.

WEATHER

- Outdoor activities will be done rain or shine. Remember your sunscreen!
- Come inside immediately if there is danger of lightning.

BEACH BBQ Meenans Cove Beach, Wednesday 5-6:30. Siblings and parents too! Remember bathing suits.

BOARD PADS Board Pads must be put on at 8:30 am and taken off at 4:15 Monday to Thursday. Helmets must be worn on the ice as per Qplex regulations. On Thursday the pads will be taken off ice at 3:30, put on the truck, and taken back to the other rink. Assistance is appreciated.

THANK YOU TO OUR SPONSORS

Strength Discussion (Matt Forge) and Nutritionist (Natasha): New Brunswick Department of Tourism, Heritage and Culture

Sport Hosting Fund Grant: Town of Quispamsis

T Shirts: Honor Roll of Speedskating - Benny Scholten Memorial Fund

Hospitality and Barbeque: Cochran's Country Market, McPhee's Bakery, Baxter Dairy, Sobey's, Superstore, Fooland, Marr Rd Irving

Skaters Bags: Irving Oil, Bell Aliant, Trane, Goji's, Dairy Queen and City of Saint John

This is going to be an awesome week. Thank you for joining us as we "Skate Into Summer"!

Liz Oliver & Rachel Haslett: Camp coordinators

Peter Steele: Head Coach