

# LAKE PLACID LONG TRACK CAMP

We are looking ahead to the next Ontario Long Track Camp in Lake Placid! The Lake Placid camp is open to both our High Performance and Hub skaters as well as skaters looking to try long track speed skating.

**Camp dates: Thursday December 26 (approximate arrival 2pm) to Sunday December 29, 2024 (approximate departure 11am)**

## **This camp is open to:**

- Ontario High Performance Program and Hub Long Track Skaters
- Skaters aged 11-13 who are seeking entry to Canadian Youth Long Track Championships
- Skaters looking to try long track speed skating, including:
  - Skaters aged 8-10 who have a ST 400m time sub 1:08
  - Skaters aged 14+ who have a ST 500m time sub 1:05.00.

Skaters may be accepted at the discretion of the camp organizers and coaches. Please contact SSO in case of any request for exemptions to these criteria.

## **Ice Times:**

Thursday December 26: 4:00-6:00pm

Friday December 27: 8:30-10:30am and 4:00-6:00pm

Saturday December 28: 8:30-10:30am and 4:00-6:00pm

Sunday Dec 29: 8:30-10:30am following Time Trials

**Time Trial:** Sunday December 29 7:30-8:30am TBC with the oval. Time Trial Registration information to follow.

**Classroom:** daily sessions Thursday to Saturday

**Ice Fees:** Skaters purchase their own skating passes from the Lake Placid Oval for the discounted camp rate of \$12 USD per session upon arrival.

**Camp Fees:** \$180.00 CAD + HST (\$203.40) paid to [executivedirector@ontariospeedskating.ca](mailto:executivedirector@ontariospeedskating.ca) using the password OSSA24. Please include the skater's name in the subject line. If you require a different method of payment, please let us know.

**Accommodations:** Skaters and families are responsible for securing their own accommodations.

**Insurance:** Athletes should purchase their own out of country travel insurance. SSO insurance does not cover out of country training or competition.

**Camp Registration:** <https://forms.gle/EHWhx9na53UQoSRM9>

Please register by **Wednesday December 18, 2024.**

If you interested in coaching at the camp, please email Mary Frances at [executivedirector@ontariospeedskating.ca](mailto:executivedirector@ontariospeedskating.ca)

And please direct all questions to Mary Frances at [executivedirector@ontariospeedskating.ca](mailto:executivedirector@ontariospeedskating.ca)