

2012 Olympic Oval Top Blade Short Track Camp

Online registration at oval.ucalgary.ca
starting February 1, 2012

Learn how to train, skate and compete like an elite athlete at the Olympic Oval, home of the *Fastest Ice in the World* and one of Canada's top training centres for the National Short Track team. Athletes who are considering joining the Oval Program, are strongly recommended to attend the Top Blade Camp. Attending the Top Blade Camp a year prior to joining a program will help in preparation for the following season. The camp also provides the opportunity for athletes and Olympic Oval coaches to become familiar with each other and develop working relationships prior to joining a program. The Top Blade Camp allows athletes the opportunity to develop and improve specific competencies expected in our programs.

JULY 23-28, 2012

HIGHLIGHTS

- National Team and Oval Program coaches provide overall assistance, guidance and support with both on-ice and dry-land training
- Develop your speed skating technique and learn about athletic conditioning
- Time trials and mini competition
- Up to two ice sessions per day
- Seminars from Canadian National Team athletes and coaches
- \$500 + GST (Canadian Athletes)
\$560 (International Athletes)

ELIGIBILITY

Skaters aged 14 and over who meet the following time standards:

Senior Men 500m - 44.00
Senior Ladies 500m - 46.5

Junior Men 500m - 47.5
Junior Ladies 500m - 52.5



Canada



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