



SKI NB U10+ FAMILY FITNESS CAMP

Registration link <https://go.teamsnap.com/forms/497236>

Date

Friday night Sept 18 to Sunday 1 pm Sept 21

Location

Greenhill Lake Camp, Greenhill NB

Lodging

50 beds available in cottages – all are bunks so there will be sharing of cabins

6 camping sites

Indicate your lodging needs when registering (camping site instead of cabin, athlete stay separate from parent, athlete stay with parent, stay with specific people, etc.)

Meals

Coaches and parents will coordinate and prepare all the meals recognizing that the facility is mandated NUT FREE

Indicate any food allergies when registering

Cost

\$150 per person - includes lodging, food, facility, equipment, coaching

Draft Schedule

Friday night

6:00 pm arrive at camp

7:00 pm group activity e.g, capture the flag

Saturday

7:30 am wake up

8:00 am breakfast

9:00 am general physical literacy and mobility

10:30 am activity stations including mental training, water sports and other camp activities

12:00 pm lunch

1:00 pm more activities **NOTE – U14+ athletes will have the opportunity to complete their required**

ACA fitness testing

6:00 pm dinner

Post dinner Camp fire and team building activities

Sunday

7:30 am wake up

8:00 am breakfast

9:00 am morning activation's etc

Watch INTO THE GNAR at Crabbe or other activities at Greenhill

1:00 pm wrap up

Equipment to bring:

Life jacket if non swimmer

Running shoes, hiking boots

Swim suit

Rain coat

Hat, sunscreen

Equipment available at facility that can be used:

SUP, Canoe, Kayak, Bicycle

Any questions contact:

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