



Pittsburgh Speedskating Club Sand Camp 2011

The time has come to make some more plans for the summer! Hopefully, your plans will include Coach K's Sand Camp!

What: Sand Camp is a time for intensive strength and endurance training, and Team building principles. It should be both fun and hard work that will teach your mind what your body can do. For children under 12, a parent is required to attend the camp.

When: Sunday, June 26 thru Friday, July 1.

Where: Presque Isle, PA area. We will be staying at the Towneplace Suites by Marriott, located at the Millcreek Mall in Erie, which is approximately 5 miles from the Presque Isle park entrance where the athletes will be training.

Rooms have been reserved and everyone will be assigned once all the applications are in. Applications for Sand Camp are due by Friday, June 10. Any questions, please contact Becky Burkholder at 724-969-0668, or becky@sk8fast.com.

Basic Itinerary:

Sunday - Campers arrive at their leisure. Check in is after 4pm. Casual meal and snacks in the lobby at 7pm.

Monday - 6:30am start for Day 1 Sand Camp (2 training sessions).

Tuesday - Day 2 Sand Camp (2 training sessions).

Wednesday - Day 3 Sand Camp (2 training sessions).

Thursday - Day 4 Sand Camp (2 training sessions).

Friday - Final Day. Morning training only. Hotel checkout is 12pm (1 training session).

Typical Daily Schedule:

6:30am Meet for the morning jog
7am Breakfast at the hotel.
8am At the beach for training
11:30am Finish at the beach
12:00pm Lunch, then break time
3:00pm Resume training at the beach
6:00pm Finish at the beach
6:30pm Dinner

What to bring: at least 3 outfits that can get very dirty per day, comfortable, but old tennis shoes for the sand, pillow if you have a favorite, 2 bath/beach towels, swimwear, 20 lb. weight vest, and a weightbelt to drag your tire ☺. Athletes 12 and under do NOT need a weight vest.

What is included: All meals (except after leaving on Friday), group snacks, lodging, and training. You are responsible for any extra room charges (phone calls, etc.), or meals on your own.

What you can do if you're not participating with the training:

Adult help is needed to help prepare meals, help supervise/hand out drinks at the beach, running errands, and generally helping to make the camp run smoothly.

Cost for Sand Camp:

5 Day Camp, training participant (9 training sessions)	\$405
5 Day Camp, Chaperone or non-participating sibling rate	\$150
5 Day Camp, Gold Tier 12 month skater	\$315
5 Day Camp, Junior participant, 1 session /day (5 training sessions)	\$345
Daily rate, not participating, staying at hotel w/ meals	\$65
Daily rate, Junior participant, staying at hotel (1 session/day)	\$80
Daily rate, training participant, staying at hotel (2 training sessions)	\$95 per Night
Day only rate, no lodging, includes drinks and meals (2 training Sessions/day)	\$55
Day only Junior rate, no lodging, includes drinks and meals (1 training Session/day)	\$40

Junior rate recommended for ages under 12. Additional sessions may be added during the week for Junior participants.

Coach K's rule: All skaters ages 12 through 20 years old MUST stay with the group for lodging.

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Return this form with payment by June 10, 2011 to:

Pittsburgh Speed Skating Club
 c/o Becky Burkholder
 105 Jomat Drive
 McMurray, PA 15317

Checks can be made out to
 PSC.

E-mail address to be contacted re. last minute info: _____

Any allergies? _____

Any questions, contact Becky Burkholder at Becky@sk8fast.com .

*** Reservations cancelled after June 20th are subject to a 50% cancellation charge.**

Arrival day _____ Departure day _____ Total Nights _____

Name of person attending	Cost
1.	
2.	
3.	
4.	
GRAND TOTAL	

DISCLAIMER: I acknowledge that speed skating and the training associated with it is a dangerous sport. I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Pittsburgh SpeedSkating Club (PSC), U.S. Speedskating, and its member associations, clubs, individuals, all sponsors of the event and their employees, and all individuals associated with planning or conducting this event, their representatives, successors and assigns for any and all injuries suffered by me/us in connection with this event or any claim for loss of personal property of any description. I grant permission to PSC to use my name and photographs, videotapes or other recordings of my participation in this event for any lawful purpose. My/our signature(s) below acknowledge this waiver and release of claims, and verifies that all information given is correct.

Signature _____ date _____

Signature _____ date _____