



TEAM BC Short Track Relay Camp

November 3, 2014

Kin 1 Arena

2187 Ospika Boulevard South, Prince George

This camp provides an opportunity for skaters to practice relays and participate in team-building activities and educational sessions, in preparation for the 2015 Canada Winter Games. All skaters who have qualified for the TEAM BC ST Selection Trials are welcome to participate (including those skaters who did not progress beyond the time trials). There is no cost for this camp.

Skaters who have provisionally qualified for TEAM BC ST (including alternates) must attend this camp in order to be eligible for full financial support through the CWG Prep Program (administered by the TEAM BC Coaches).

The camp will be coached by the TEAM BC ST Coaches: Keith Gordon (Coach), Erin Copeland (Manager) and Lorelei St. Rose (*Women in Coaching* Apprentice Coach). Other coaches are encouraged to attend as guest coaches; please confirm with the Coaches (bcssa.2015cp@gmail.com) in advance.

The tentative schedule is as follows:

Monday November 3	
8:00-8:30	Off-ice warm-up
8:30-9:00	Help with mats Change to go on ice
9:00-11:30	Ice Session with breaks for educational sessions
11:30	Camp finishes

Skaters departing on flights should plan to leave in the afternoon. All skaters should bring appropriate clothing for off-ice warm-up, all on-ice equipment and snacks/water.



TEAM BC Short Track Relay Camp Registration Form

Please submit your registration form by Friday October 31st.
Completed forms can be emailed to the TEAM BC ST Coaches
(bcssa.2015cp@gmail.com) or handed to the Coaches at the Coaches
Meeting for the TEAM BC ST Selection Trials on October 31st.

Name: _____

Parent/Guardian: _____

Home Phone: (_____) _____

Address: _____

E-mail: _____

City/Town: _____ Prov: _____

Emergency Contact Name: _____

Emergency Contact Number :(_____) _____

Care Care #: _____

Date of Birth: _____ Age: _____

WAIVER: By signing this entry form, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the Kin 1 Arena (City of Prince George), SSC and BCSSA and all sponsors concerned, their agents, Officers or members, for any and all injuries suffered by me at said camp to be held November 3 2014 at the Kin 1 Arena in Prince George, British Columbia, Canada.

This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the camp. Organization of events requires that names may appear on posted lists and printouts. Names/images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have questions about the collection of or use of this information, contact the Event Organizer at 250.300.9908 or by email at bcssa.2015cp@gmail.com.

Witness whereof, I have hereunto set my hand and seal;

THIS _____ DAY OF _____, 2014

SKATER SIGNATURE: _____

PARENT'S SIGNATURE (if the skater is under 18): _____