



**ANB HPP Warm Weather Camp 2014**  
ESPN Wide World of Sports Complex  
Kissimmee Florida  
April 23 to May 2 2014



Once again this year, the ANB High Performance Program will be organizing a training camp in Florida, but this year the camp will be moving to the ESPN Wide World of Sports Complex in Kissimmee FL. This camp will provide an opportunity for Junior and Senior athletes to train in a warm weather climate during the transition time from the indoor to the outdoor season. The camp will be staffed by ANB coaches, and athletes will have the opportunity to take part in personal and group workouts over 7 days of training.

**Transportation:**

Athletes are responsible for booking their own air travel. Flights should be booked to arrive at the Orlando International Airport (MCO) on April 23, arriving no later than 4pm (EDT). Departures should be on May 2, departing before 2pm (EDT). Ground transportation will be provided to and from the airport in Florida as well as other ground transport in Florida. Please note, if flights are booked outside the recommended timeframes and/or airport, the athlete will be responsible to find alternative ground transportation to/from the airport at their own cost.

**Accommodations:**

Athletes will be staying in rented houses, located in a gated subdivision in Davenport FL, approximately 20min from the training facility. Each house has a fully equipped kitchen, and athletes will be responsible for preparing their own meals. We will coordinate trips for groceries throughout the camp. The houses are equipped with laundry facilities. The homes are also equipped with wireless internet access and swimming pools.

**Training Facilities:**

Track sessions will be held at the ESPN Wide World of Sports Complex (<http://espnwwos.disney.go.com/complex/track-field-complex/>), a first-class facility that hosts many competitions and training camps. Weight room sessions will also be held in the HP Fieldhouse of the complex (<http://espnwwos.disney.go.com/complex/hp-field-house/>). Recovery and education sessions will be hosted at our rented houses, which are equipped with private swimming pools.

**Excursions:**

On two separate days, we will coordinate group excursions for sight-seeing and shopping in the greater Orlando area. There are many shopping areas, including many outlet stores. There are also several major theme parks including Disney World, Universal Studios, and Sea World.

**A Note on Preparedness:**

This camp is intended to serve as an intense block of training during the preparation phase for the outdoor season. Athletes should come prepared for a higher-than-normal training load, and be prepared for 4-5 hours of training per day. The camp is intended for **Junior** and **Senior** athletes who are prepared for an **intense training** environment.

**Tentative Camp Schedule:**

Apr 24	Apr 25	Apr 26	Apr 27	Apr 28	Apr 29	Apr 30	May 1	May 2
<b>Travel Day</b>	Track Group Session	Track Event Session	Track Personal Session	Track Event Session	Track Event Session	Track Personal Session	House Group Session	<b>Travel Day</b>
	Track Group Session	Weight Room Session	House Recovery Session	Weight Room Session	House Recovery Session	Weight Room Session	<b>Excursion</b>	
	Track Personal Session	Track Event Session	<b>Excursion</b>	Track Personal Session	Track Event Session	Track Group Session		

**Group Sessions** – athletes will take part in general training sessions to benefit all event areas, such as mobility, agility, and active recovery methods.

**Event Sessions** – athletes will be working in event groups on technical elements under the supervision of the camp coaches.

**Personal Sessions** – athletes will be expected to come with workouts from their coaches, with which camp coaches will be able to assist the athletes as needed.

**Weight Sessions** – athletes who have experience in strength training will be able to carry out their personal strength training, and those who are not as experienced will receive some instruction and guidance in basic strength training.

The exact daily schedule will vary, but in general the first sessions of the day will start at **9am** and go for 1½ to 2 hours. The second sessions will vary depending on the day and location, but will generally be between **11am and 12:30**. Afternoon sessions will run from approximately **4pm to 6pm**. The evenings will be used for recreation, recovery and therapy.

## Registration:

There is a camp fee to help cover the cost of accommodations, facility access, ground transportation, etc. The fees for this year are:

A Team member	\$350
B Team member	\$450
Non-HPP Junior or Senior athlete	\$550

There are 20 spots available for the camp. Athletes must register on-line at TrackieReg.ca and make a down-payment of \$550 using a credit card to secure a spot. A Team members will be reimbursed the \$200 difference, and B Team members will be reimbursed the \$100 difference. The registration deadline is April 12.

## How to Register:

- 1) Go to <http://www.TrackieReg.ca> .
- 2) Look under the “Current Events” section and find the event listed as “ANB HPP Florida Training Camp” and click on the “Register now” button.
- 3) Fill in the information, including your ANB membership number (if you are not sure what it is, check here <http://www.anb.ca/General/member-list.php>). You must be a current junior or senior member of ANB to be eligible for the camp. Youth athletes will be considered if they meet high performance criteria – please check with Jason Reindl if you are a youth athlete considering the camp.
- 4) Select the events you will be focusing your training on while at the camp. This will help the staff prepare effective training sessions for the camp.

