



ANB HPP Warm Weather Camp 2015

National Training Center

Clermont Florida

April 29 to May 10 2015



Once again this year, the ANB High Performance Program will be organizing a training camp in Florida, and this time the camp is moving back to the newly refinished track at the National Training Center in Clermont. This camp will provide an opportunity for 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 10 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 29, arriving no later than 5pm (EST). Departures should be on May 10, 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 private swimming pools.

Training Facilities:

Track sessions will be held at the National Training Center (<http://www.usantc.com/track-field-complex/>), home of many world class athletes, and a frequent training location for many national teams from around the world. Weight room sessions will be held at the NTC Fitness Center (<http://www.usantc.com/fitness-center/>). Recovery sessions 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.

Youth athletes who are members of the HPP teams are also invited, but must be prepared for the workloads and responsibilities that go with attending this type of camp.

Tentative Camp Schedule:

Apr 29	Travel Day		
Apr 30	Group	Nutrition	Event session
May 1	Personal	Pool session	Event group or Weights
May 2	Event group	Rehabilitation	Event group or Weights
May 3	Personal	Pool session	Event group or Weights
May 4	Group	Excursion	
May 5	Personal	Core and Posture	Event group or Weights
May 6	Event group	Pool session	Event group or Weights
May 7	Personal	Sport Psychology	Event group or Weights
May 8	Event group	Pool session	Event group or Weights
May 9	Personal	Excursion	
May 10	Travel Day		

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 2 hours. The second sessions will vary depending on the day and location, but will generally be between **1:30 and 2:30**. Afternoon sessions will run from approximately **4pm to 5:30**. The evenings will be used for recreation, recovery and therapy.

Staffing:

ANB has confirmed three coaches and one therapist for the camp. **Dr. Earl Church** will be working with the throws events, **Jason Reindl** will work with sprints & hurdles and middle distance, and **Steve LeBlanc** will be working with the jumps and combined events. **Mark Davidson**, coach and physiotherapist, will also be attending the camp to provide education and therapy guidance to athletes.

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	\$450
B Team member	\$550
Non-HPP Junior or Senior athlete	\$650

There are **30 spots available** for the camp. Athletes must register on-line at TrackieReg.ca, and the registration deadline is **March 31, 2015**.

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>).

