

## BNJRT/RMN PbVille Training Camp in Leadville, CO

Time	Meeting Place	Activity	Bring
<i>Thursday, July 2</i>			
3:30pm	HMI	Arrive/Check in	See list below
4-5:30pm	HMI	Spent/Strength/Games	Dryland Gear and water
6-6:30pm	HMI	Showers/Cook Dinner	
6:30-7:30pm	HMI	Dinner	
7:30-9:30pm	HMI	Free Time/review video	
9:30pm	HMI	Lights Out	Sleeping Bag/Pillow
<i>Friday, July 3</i>			
5-5:45am	HMI	Breakfast and make lunch	
6:00am-11am	Trailhead	Hike Mt. Elbert and Mt. Massive	Hiking gear, food, and water
12-1pm	HMI	Lunch	
1-4 pm	HMI	Nap/Free Time	
4-5:30pm	TBD	Rollerski Double Pole	Rollerskis, boots, poles, helmet
6-6:30pm	HMI	Showers/Cook Dinner	
6:30-7:30pm	HMI	Dinner	
7:30-9:30pm	HMI	Free Time/review Video	
9:30pm	HMI	Lights Out	
<i>Saturday, July 4</i>			
7-7:45am	HMI	Breakfast and make lunch	
8-10am	TBD	Distance Skate Rollerski	Rollerskis, boots, poles, helmet
11am-3pm	Turquoise Lake	Picnic Lunch at the Lake	Swim suit, towel
4-5:30 pm	HMI	Strength/Games	Dryland Gear and Water
6-6:30pm	HMI	Showers/Cook Dinner	
6:30-7:30pm	HMI	Dinner	
7:30-9:30pm	HMI	Free Time/review video	
9:30pm	HMI	Lights Out	Sleeping Bag/Pillow
<i>Sunday, July 5</i>			
7-7:45am	HMI	Breakfast and make lunch	
8-10am	TBD	Run	
10-11am	Turquoise Lake	Swim, play, eat lunch	
11am		Head for home	

\*Schedule subject to change

### **Lodging:**

Skiers will be housed in the cabins at the High Mountain Institute, 5 miles from Leadville, CO. Cabins house 6-12 people and there will be separate boys and girls cabins. Check out: <http://www.hminet.org/> for more information on the High Mtn. Institute.

Contacts:

Eric Pepper 303-513-8717 [etpepper@gmail.com](mailto:etpepper@gmail.com)

Adam St.Pierre 72-206-6092 [stpierre.adam.d@gmail.com](mailto:stpierre.adam.d@gmail.com)

### **Food:**

Food for breakfast, lunch, and dinner will be provided. A menu will be provided shortly. A variety of cereals, oatmeal, bagels, fruit, and juice will be provided for breakfast. There will be a sandwich bar with all the fixin's for lunch. Dinner will be prepared by the group (coaches and athletes) in the kitchen at the HMI. Skiers should bring any personal snacks they prefer during long workouts (gels, shots, bars, etc.). If you have any food allergies please notify us in your application. We are budgeting enough to prepare quality meals. For athletes to train at a high level they need proper fuel!

### **What to Bring:**

- Rollerskis (only skate skis are necessary), boots, and poles (skate and classic with rollerski ferrules)
- HELMET!!! (no skier will be permitted to rollerski without a helmet)
- Running shoes and hiking boots (or trail shoes you can run and hike in)
- Sleeping Bag, pillow, towel, and swimsuit
- Your own plate, bowl, juice cup, silverware, etc – we don't want to be using paper!
- Sunglasses, sunscreen, toothpaste, toothbrush, and other personal hygiene products
- Mid-workout snacks

### **Camp Size and Coaching:**

Coaching will be provided by Eric Pepper and Adam St.Pierre of the Boulder Nordic Jr. Racing Team. Additional coaches will be brought in as numbers allow. Camp will be limited at 12-20 athletes. **To apply for the camp athletes must submit a letter of interest to Eric Pepper at [etpepper@gmail.com](mailto:etpepper@gmail.com) stating their desire to attend the camp and their goals for summer/fall training.** This does not need to be time consuming and can be just a couple paragraphs, we are targeting athletes who are serious about improving! Camp is open to any athletes with winter ski goals of qualifying for and performing well at Junior Nationals. Skiers must have a demonstrated mastery of rollerskiing. **Deadline for application is Monday June 1<sup>st</sup> at 5pm.** Selected athletes will be notified by/on June 5<sup>th</sup>.

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**Cost:**

Cost for the camp (including 3 night's lodging, Thursday dinner, 3 meals on Friday and Saturday, and Sunday breakfast and lunch, and coaching fee) will be **\$300 per athlete. Camp payment is due by Friday June 20<sup>th</sup>. Checks can be mailed to Eric Pepper 2028 18<sup>th</sup> street.**

If cost is the prohibiting factor in you not being able to attend this camp, please let us know and we can try to work something out.

**Any questions please contact us. Thank you!**

**Eric & Adam.**

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