

*\*\*This is a preliminary info sheet and may be subject to some small changes (however, the dates are certain!). Look out for Sign-up and payment information soon on IMD website\*\**

## Intermountain U14 Training Camp

*The first Intermountain Under 14 Summer Training Camp will be held at Soldier Hollow. This trip is open to all Intermountain athletes born in 2004, 2005, or 2006 (U14s from last season and rising U14s). There are so many reasons to attend this camp: you'll learn to rollerski or hone your rollerski skills. You'll get to hike up a rad mountain, learn cooking skills, and maybe even get to meet a 2018 Olympian! Most importantly, you'll get to know athletes from other teams who you'll be racing against for the next 6, 7, 8, 9+ years.*

### Who?

Intermountain athletes born in 2004, 2005, and 2006 are welcome.

### When

July 16-19, 2018.

Please arrive at the Lodge at Soldier Hollow (2002 Soldier Hollow Lane, Midway, UT) by 2:30pm on July 16. Athletes will either travel to the camp with their team in a team vehicle (contact your club to see if this is an option) or can be dropped off by parents.

### Lodging/Food

We will be staying at the Soldier Hollow Lodge and training at Soldier Hollow and surrounding areas. All food will be provided by the camp and the athletes and coaches will cook meals in the lodge kitchen.

### Event Website

IMD (will have signup sheet linked on website when it's available)

### Coaches

Emma Donohoe from BBNT is the Trip Leader, and the camp is hosted by Team Soldier Hollow coaches Zach Hall and Sara Studebaker-Hall. There will also be several other coaches from other IMD Clubs. Contact Emma with questions at [bbntdevo@gmail.com](mailto:bbntdevo@gmail.com).

### Cost

Food: \$60

Gas: \$13

Lodging: \$40

Trail Passes: \$24

Coaching Fees: \$50

Shirts: \$6

**Total: \$193**

### Schedule

Monday, July 16

Arrive by 2:30

Intro to Rollerskiing

Tuesday, July 17

More Rollerskiing Fun

Run/Games/Strength

Wednesday, July 18

Hike

Swim

Special Surprise Speaker or Activity

Thursday, July 19

Last Rollerski

BBQ Lunch and fun at Jordanelle Reservoir

If athletes aren't traveling with their club, parents can pick up athletes at Jordanelle Reservoir at 1pm.

## Training Camp Packing List

### **Accessible for the van ride over**

Signed waivers

Lunch for drive over

Book/Ipod

Spending money (~\$20)

### **Sleeping Stuff**

Sleeping Bag

Sleeping Pad

Pillow

Pajamas

### **Equipment**

Skate Boots

Skate Rollerskis\*\*

Skate Poles preferably with ferrules instead of snow baskets

**HELMET!!**

Running Shoes

Waterbottle(s) total capacity should be around 64oz (optional: drink belt)

Small backpack for day hike

\*\*if you are new to rollerskiing and do not own a pair, please try to borrow from a teammate/club coach. If you can't find any rollerskis to use, please contact Emma at [bbntdevo@gmail.com](mailto:bbntdevo@gmail.com) and we can figure it out)

### **Training Clothes**

Workout shirts

Workout shorts  
Underwear and socks  
Rain Jacket  
Sunglasses  
Hat  
Light hat/headband  
Gloves  
Warm-up pants or warm pants for hike  
Long-sleeve top for hike

**Casual Clothes**

Jeans/sweatpants/shorts  
Shirts/sweatshirt  
Shoes

**Toiletries/Meds**

Sunscreen  
Toothbrush/toothpaste  
Shampoo