

**Qualifying Meet:**

May 22, 23<sup>rd</sup> Dogwood Inv'  
Victoria BC

**Team Camp:**

July 6, 7<sup>th</sup> Vanier Track  
Courtenay BC

Open to all Athletes who make the Summer Games Team as well as their personal coaches and parents

**Time:**

9:00 am Tuesday - 5:00 pm  
Wednesday

**Where:**

Vanier Sports Centre Vanier  
Dr. Courtenay B.C.  
(Come through town and turn left onto Headquarters Rd. follow it past Vanier High School and take the next right)



Contact: Christine Morfitt  
(250) 338-4191

Tony Dickson  
(250) 339-2641

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Or

[tdickson@fastmail.fm](mailto:tdickson@fastmail.fm)



# BC Summer Games Team Camp

Zone Six (Vancouver Island and Powell River) has traditionally been a powerhouse in Track and Field at the BC Summer Games. The teams of athletes selected to compete as our representatives have always done us, their clubs, and themselves proud at these Games. Former Zone Six athletes will tell you that the Summer Games are unlike any other competition, and that the experience is not one to take lightly. This may be the first time that you have made select team for a large competition, and it can be a little overwhelming. In order to support you in achieving your very best performance at the games we are offering a BC Games Zone Six Team training camp. This will be a chance for you, our representative athletes, to have some fun meeting your teammates and coaches. It is also my hope that you might learn a little more about your events and see yourself in a video analysis while getting some good advice on peaking and competing. All of this is aimed at preparing you and everyone on the team mentally and emotionally for the Games experience. We have a two day camp ready, should you make the team be sure to come.

*Tony Dickson*

Zone 6 Coach

250 339 2641

[tdickson@fastmail.fm](mailto:tdickson@fastmail.fm)

**Purpose:**

1. To provide athletes in Zone Six with an opportunity to bond as a team.
2. To introduce athletes to their Zone Coaches and Chaperones who will act as their advocates at the Summer games
3. To provide some technical fine tuning for event performance.
4. To provide some basic information on peaking for a given day.
5. To provide Zone Six Coaches and Chaperones with an opportunity to get to know the Zone Six Athletes
6. To provide some vital information on the process of the BC Summer Games.

**Specialized Event Coaching for:**

**Track Events**

- Sprints
- Hurdles
- Relay
- Distance
- Steeple
- Walks

**Field Events**

- Javelin
- Hammer
- Shot Put
- Discus
- Long Jump
- Triple Jump
- High Jump
- Pole Vault

**Multi Events**

- Pentathlon

**Video Analysis**

**Presentations on**

Nutrition  
Rest, Recovery, Tapering and Peaking  
Competitive Psychology  
Event Specific Strength Development

**Food and Accommodations**

Billeting is available for athletes

Parents and Personal Coaches are welcome.

**Cost: \$75.00 per registrant**

Includes: Billeting, Food, Shirt, and Spike Bag



**Athletics**

**BC**

# Summer Games Camp Schedule

**Arrive:** 9:00 am Tuesday Morning

Introductions and Opening Address:

Aspects of Competition Fitness

Time	Tuesday	Wednesday
9:00 – 10:00		BC Summer Games Team Info
10:00: - 10:20	Group Warm Up	Group Warm Up
10:20 - 11:10	Session One Technical Event: Set technical goals Video Tape	Session Three: Second Events Set technical goals Video Tape
11:10 – 11:25	Cool Down	Cool Down
11:30 – 12:30	Nutrition Session Hydration Timing Glycemic Index Food Choices (Samples) Snack	Recovery and Regeneration Techniques and Myths Snacks
12:30 – 1:00	Video Analysis	Video Analysis
1:00 – 2:00	Lunch	Lunch
2:30 – 4:00	Session Two Technical Event: Strength Specifics per Event Flexibility Session	Session Four : Secondary Event: Strength Specifics per Event Flexibility Session
4:00 – 5:00	Psychology Session The Mind Body Connection	Closing Remarks Draw Prizes / Home
5:00 – 8:00	Earn Your Dinner Pentathlon	