



NATIONAL DEVELOPMENT CAMP

Dates: June 28 – July 12, 2009

Where: Olympic Training Center — Lake Placid, NY

ATHLETES NOMINATED TO NATIONAL DEVELOPMENT CAMP

Kayak Men: Jeff Cayton, SCKC, Eric Roux, SCKC, Charles Lewellen, Gig Harbor, Kevin Stock, SDCKT, Trenton Tam, HCKT, Alex Cheung, HCKT and Shawn Kahookele, HCKT

Kayak Women: Lexi Bohlman, SDCKT, Katarina LaJeunesse, SDCKT, Bailey Nurmia, SCKC, Hannah Nord, SCKC, Zoe Kuhn, Gig Harbor, Molly Timmons, Gig Harbor, Katy McKeever, Gig Harbor, Betsy Ray, WCC,

Canoe Men: Ryan Passen, SDCKT

NOTE: SE Regional is to be held May 30th

— NEW PAYMENT PROCESS —

Fees — \$400.00 — payable to USA Canoe Kayak through online payment system – see website www.usack.org on Sprint National Development page for details

Fee Deadline — Wednesday June 10th — midnight ET

— FORMS —

Olympic Training Center Forms — will be sent directly to all participants and/or parents on Friday, May 29th

All athletes are to bring the **FOUR** signed forms with them to be handed in at the reception counter upon their arrival for accreditation purposes.

— LAKE PLACID INTERNATIONAL REGATTA —

This two day event is to be held on Sunday and Monday, July 5 & 6, 2009. Entries will be handled by the National Development Camp Coaching Staff.

— COACHING STAFF —

Aasim Saleh, Head Coach, SCKC — Head Coach National Development Camp — aasim.sckc@gmail.com

Robyn Singh, Head Coach, HCKT — Assistant Coach National Development Camp — coach@hckt.org

Graham Ulmer, Head Coach, Development Program, Gig Harbor — Asst. Coach NDC — ulmer.graham@gmail.com

— FLIGHTS —

Arrival date: June 28th, 2009

Where: Albany International Airport

Time: Pacific area athletes – Hawaii, NW and SW – morning; Atlantic area athletes NE and SE mid to late afternoon.

Departure date: July 12th, 2009 – Shuttle bus to leave OTC at 7:30 am – flights - late morning or early afternoon.



OLYMPIC TRAINING CENTER — LAKE PLACID

This is one of three Olympic Training Centers in the United States — OTC – Chula Vista and OTC – Colorado Springs. Operated by the United States Olympic Committee – USOC – these training facilities provide accommodation, meals, medical support staff, training facilities and security for all National Governing Body (NGB) sport organizations involved with the Olympic movement. These facilities are first class operations that ensure all of the needs required by an NGB coaching staff are available in order to provide the athletes a positive training experience.

The NGB is required to submit a request for all training camps to a central booking registrar in Colorado Springs. These requests are reviewed by a panel for approval.

The OTC LP is set in an idyllic location in upstate New York surrounded by the Adirondacks. The town of Lake Placid on the edge of Mirror Lake, our training site, has hosted two Olympic Games.

All athletes are inspired immediately upon entering the Olympic Training Center with Olympic memorabilia covering the walls. A Spirit Shop located on site has for sale Olympic clothing and “stuff” that requires discipline with a credit card.

And yes there is a washer and dryer on site for wet and stinky training gear – although some athletes seem to miss that opportunity!

GENERAL / CORE & WEIGHTS / DAILY SCHEDULE

Posted on the website – home page of www.usack.org – click on Sprint National Development Program box – on left side of National Development page there are bullets – look for National Development Camp – click on that and you will see the information package related to general information, core and weight training schedule as well as a daily plan of activity.

More information will be posted by the coaching staff in the next couple of weeks.

QUESTIONS

Direct any questions you may have to Mac Hickox, USA Canoe Kayak Sprint National Development Director/Coach mac@usack.org . Following June 5th please direct all questions to the coaching staff for the National Development Camp.

May 28, 2009