



USA CANOE KAYAK NATIONAL DEVELOPMENT CAMP



JUNE 28 - JULY 12 - OTC LP

June 28 - Athletes and 3 coaches arrive in Albany - OTC transportation requested - Team Meeting - Adirondack Room 9:30 pm

June 29 - July 4 - WEEK ONE - Training Camp routine begins - See tab # 2 below - Daily Schedule

July 5 & 6 - LAKE PLACID INTERNATIONAL REGATTA - Box Lunches requested - Details to follow during WEEK ONE

July 7 - 11 - WEEK TWO - Training Camp continues

July 12 - All athletes and coaches depart from Albany Airport - OTC transportation requested to depart OTC at 7:30 am



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| Daily Schedule | JUNE 28 - JULY 12 - OTC LP | Monday to Friday |
|--|----------------------------|---|
| 7:30 am - Run & Stretch | | |
| 8:00 am - Breakfast | | |
| 8:45 am - Depart for Mirror Lake | | |
| 9:30 am - On Water | | |
| 11:00 am - Off Water | | |
| LUNCH | | |
| 3:00 - 4:00 pm Core Work - Gymnasium NOTE: "mats" and small area of Gym - Tuesday & Thursday | | |
| 3:00 - 4:00 pm Monday / Wednesday & Thursday - Circuit Work - Wt Rm | | |
| 4:30 pm - Depart for Mirror Lake | | |
| 5:00 pm On the Water | | |
| 6:30 pm - Off the Water | | |
| DINNER | | |
| 8:00 pm - Various evening TEAM BUILDING activities - Details to be finalized | | |
| | | |
| JULY 4th - OFF SITE by 11:30am | SATURDAY SCHEDULE | July 4th FIREWORKS 8:00 - 11:00 pm |
| 7:50 am Meet outside cafeteria | | |
| 8:00 am - Breakfast | | |
| 8:45 am - Depart for Mirror Lake | | |
| 9:30 am - On the Water | | |
| 11:00 am - Off the Water | | |
| Run to OTC | | |
| LUNCH | | |
| OFF | | |
| | | |
| SUNDAY SCHEDULE | | |
| | | |
| July 5 - LPI Regatta | | |
| July 12 - Depart for Albany Airport - 7:30AM | | |
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| Core & Weights | JUNE 28 - JULY 12 - OTC LP | Monday to Friday |
|--|----------------------------|------------------|
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| Monday / Wednesday Friday - Wt Rm - 3:00 to 4:00 Circuit Work - Actual dates - June 29 July 1 / 3 / 8 / 10 | | |
| Monday / Wednesday Friday - Gym - 2:30 to 3:00 Core Work - Actual dates - June 29 July 1 / 3 / 8 / 10 | | |
| Tuesday & Thursday - Gym - 3:00 to 4:00 - Core Work - Actual dates - June 30 July 2 / 7 / 9 | | |
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