

Fall 2009 USA Front Range Development Camp
October 23-26, 2009
Lyons/Denver area, CO

Coaches: Cathy Hearn, Nate Lord, Nic Borst, Joel McCune

Objectives: 2009 Season review, 2010 Season vision. Peer Coaching development.

Paddling sessions Saturday and Sunday, (Monday for those out of school). Evening sessions, including Friday evening, 7 pm at Borst's.

Detailed schedule to follow.

C1/C1W Team members urged to arrange one-on-one meetings with Cathy over weekend or by phone as follow-up. Conference with personal coach is an option.

Please contact Nate Lord and Cathy Hearn if you plan to attend this camp.

Eligibility and fees:

You must have appropriate slalom experience and be prepared to paddle safely in moving water in the forecasted weather. DCKT athletes consult with Nate regarding your appropriate level of participation.

All participants must be current USACK members. Join online or print out forms (go to www.usack.org or <https://member.usack.org> for more information).

Costs for weekend camp tiered by 2009 performance:

2009 Junior, Senior Team member: free

Cadet Team member +/- or podium at 2009 JO/Age-Group Nationals/Junior Trials: \$50/athlete

Others: \$100/athlete

Coaches free, encouraged to paddle as space available, mixed with shore work with Cathy.

Please complete the following:

NAME: _____

Street Address: _____

City: _____ State/Zip: _____

Phone: _____ Cell phone: _____ text OK? _____

Email: _____

Birthdate: _____

Your USACK number: _____

Your Coach(es): _____

Applicable fee: \$_____ What qualifies you for this camp?

Your objectives for this camp:

Your biggest success in 2009:

Your biggest disappointment in 2009:

Your objectives for the 2010 Season:

Your objectives beyond the 2010 Season:

Fees (check or money order payable to **USACK**) due at your first water session.