

**Fall 2009 USA Thanksgiving Development Camp
November 23-29, 2009
Durango, CO**

Registration Deadline Nov 15th 2009
A \$25 late registration fee will apply

Coaches: Cathy Hearn & Nic Borst

Objectives: Intensive Season-appropriate Training, 2010 Season Vision/Planning & Peer Coaching Development.

Athletes will receive two coached sessions per day, with the exception of Thanksgiving Day (probably one coached session in the am) as well as video review, and evening education and motivational sessions. Dryland sessions will be included.

Athletes are expected to organize their own housing, transportation and food. Minors will not be supervised by coaches outside of scheduled sessions.

All athletes are expected to be on time, warmed up and properly prepared for each session.

Detailed schedule to follow.

Conferences with coaches are available. Please note your interest on registration form below.

Please contact Nic Borst or Cathy Hearn if you plan to attend this camp.

Nic Borst: nic@borstco.com

Cathy Hearn: cathyhearn@durango.net

Eligibility and fees:

You must have appropriate slalom experience and be prepared to paddle safely in moving water in the forecasted weather. Bring your pogies. 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).

Camp costs tiered by 2009 performance:

-2009 Senior National Team member (World Cups, World Championships): **free**

-2009 Junior National Team member: **\$50**

-2009 Cadet National Team member: **\$150/athlete**

-Podium at 2009 Junior Olympics, Age-Group Nationals, +/- Junior Trials: **\$150/athlete**

-Others: **\$250/athlete**

-Coaches **25\$**, encouraged to paddle as space available, mixed with shore work with Cathy/Nic.

Fees (check or money order payable to USACK) due prior to first session.

Send to: Cathy Hearn 3301 East 4th Ave, Durango, CO 81301

Please complete the following:

NAME: _____

Street Address: _____

City: _____ State/Zip: _____

Phone: _____ Cell phone: _____ text OK? _____

Email: _____

Birthdate: _____

Your USACK number: _____

Parent name(s) _____

Parent phone contact _____ text ok? _____

Parent email _____

Your Coach(es): _____

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

Will you join us for group Thanksgiving Dinner on Thursday afternoon (\$10/person or bring a dish- contact Nic to discuss what dish)? # of people _____

Would you like to meet individually or very small group with coach(es)? With?

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: