

## CAMP DETAILS:

DATE: April 2020

LOCATION: VI Paddling Club 1729 Comox Ave, Comox Lake BC V9M 3M1

GOAL: Increase technical awareness, build boat endurance. build boat synchronicity.

WHAT TO EXPECT: Lots of paddling and lots of adapting. Paddling in any type of weather. You may get butt blisters and you WILL be fatigued and sore. Please allow for time adjustments to practices so we can strive to work with weather patterns should we need to. Always be ready to paddle till the day is complete.

HOW TO PLAN: Plan for down time in between paddles and to force a recovery with food, fluids, rest and stretching. **PLEASE BE WATCHING TEXTS AND FACEBOOK NOTIFICATIONS AS PLANS CAN CHANGE DUE TO PLANNING FOR WEATHER!!**

SUGGESTIONS: It is wise to use Vaseline or glide on the rear to avoid blisters and wear 2 pair of shorts for extra coverage. Expect to be sore and tired and to paddle anyway. It is good to plan for an Epsom salt bath that evening and plenty of advil and fluids. It is also a good idea to eat a lunch that you know agrees with you and that is high in fast release carbs such as pasta, sandwiches, potatoes with low protein and fats.

### WHAT TO BRING:

- Water
- Energy shots
- Powerade or Gatorade
- Cold weather gear
- Hot weather gear
- Change of clothes
- Towel
- Sunscreen
- Bug spray
- Vaseline or Zinc ointment
- Hand sanitizer
- Butt pad
- Towel/blanket
- Bathing suit

GENERAL COURSE STRUCTURE DAY 1

- 60' morning practice (on water)
- 5 hour Lunch break with
- 60' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 2

- 75' morning practice (on water)
- 5 hour Lunch break Video review w/ individual feedback
- 75' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 3

- 90' morning practice (on water)

GENERAL COURSE STRUCTURE DAY 4

- 90' morning practice (on water)
- 5 hour Lunch break with
- 90' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 5

- 75' morning practice (on water)
- 5 hour Lunch break with
- 75' afternoon practice (on water)

Friday April 19	Saturday April 20	Sunday April 21	Monday April 22	Tuesday April 23
8:30-9:30 AM	8:30-9:45 AM	8:00 AM-9:30 AM  VIDEO REVIEW	8:30-10:00 AM	8:30-9:45 AM
3:00-4:15 PM	3:00-4:15 PM	OFF	3:00-4:30 PM	3:00-4:15 PM Camp complete