



## Canada Games 2013 Core Team

~~February 18, 2012 – Truro~~

**Rescheduled March 3<sup>rd</sup> 2012 - Truro**

**All Participants Must be BNS members for 2012 season prior to camp** (2012 BNS registration available online at the BNS website).

The one day camp is available to BNS Canada Games Core Team.

### Schedule of Events

Saturday March 3rd, 2012 10am – 3pm. Location MacKinnon Fitness, 589 Prince Street, Truro NS

- Training Plans
- 2012 Events
- Canada Games Selection Process
- Cross-Training Issues & Activities
- Strength/Weight Training
- Nutrition Review
- Race Tactics
- General Planning for the 2012 Season

You will need to bring:

- Your Fantastic Positive Attitude!
- **Food:** Bring your own Lunch, snacks & Drinks
- **Clothing :** We will be indoors, mostly in meetings, wear comfy clothes, something that you can move easily in.
- **CG Race binder** with note paper, previous handouts, and training logs.

**Driving Directions:** Take the 102 North from Halifax to Exit 14 Truro. Turn right at the bottom of the ramp and stay in the Right Lane. After the KFC your lane will turn to the Right. You are now on Juniper Street. At the Stop sign at the end of Juniper Street turn left onto Prince Street. In the center lane follow straight through the stop lights, then get in the left lane and look for the Scotia Bank on your left side (about 1 ½ blocks past the stoplights) Mackinnon Fitness is in the same building as the Scotia Bank.

Payment : This one's a freebee. Just email Darrin ([dbelliveau@eastlink.ca](mailto:dbelliveau@eastlink.ca)) by February 28<sup>th</sup> to confirm your attendance. You will need to be a registered BNS racer for 2012 to attend. (Online registration this year).