

## ASC XC “Cabin Camp” 2017:

Dates: July 12<sup>th</sup>-17<sup>th</sup>

Ages: 13-19

### Johnson Family Cabin Training Camp Info

We’re already looking forward to a week of hard training and good times in Utah. ASC will head out of town to get some high quality training in a beautiful place. Our friends at Wasatch Nordic Ski Academy are looking forward to joining us for some workouts and at the cabin over the weekend as well.



### Lodging and Food

We will be staying in Coach Gus’s family cabin outside of Salt Lake City and cooking our own meals as a team. The cabin has beds for 13 (and additional floor space), running water, shower, and indoor plumbing. There is a basketball court in the driveway and ping pong table downstairs (but be sure to bring movies and books too).

It also happens to have great access to training on trails in the Wasatch Mountains. We should be able to accommodate dietary restrictions with prior notice.



### Tentative Camp Schedule

We will tweak and modify the training schedule to fit our athlete’s needs.

Wednesday (7/12): Depart from Truckee HS at 8am. Pack a lunch for the road, we will have dinner in SLC and do a short hike to Dog Lake from the cabin upon arrival.

#### Thursday (7/13):

AM: Easy Hike/Run (anywhere from 1-3hr hike/run)

Lunch: Sandwiches

PM: Short Skate Rollerski Agility Session at Brighton Ski Resort (inspirational movie night) (.5hr)

#### Friday (7/15):

AM: “Agony Hill” Ski Walking Intervals or 3000m TT in Park City (1.25hr)

Downtown SLC or Park City outing (pack lunch)

PM: Light Strength session at Cabin (1hr)

Dinner with WNSA

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### Saturday (7/16):

AM: Skate Rollerski technique and video at Soldier Hollow, UT (1.5hr)

Lunch and video analysis

PM: Desolation Lake Trail Run (1.25hr)

### Sunday (7/17):

AM: Classic Rollerski/Run from East Canyon to Summit Park (2-3+hrs).

Cottonwood Heights pool and waterslides (bring \$5 for entrance)

PM: Easy jog and core near cabin (Possible Night Hike)

Monday (7/18): Morning jog and depart for Truckee/Tahoe (estimated return 6:30pm)



### **Estimated Camp Cost**

~\$250 for ASC Nordic and Biathlon Athletes (depending upon signup numbers). Please RSVP to head coach Gus Johnson ([gjohnson@assoc.auburnskiclub.org](mailto:gjohnson@assoc.auburnskiclub.org)) or register on the google doc ASAP, and from there we will quote you the final cost 2 weeks before departure. Registration deadline is July 1<sup>st</sup>.

This is going to be a fun camp and great opportunity, so we want to get all of you involved. Non-ASC/Wasatch program athletes will need to sign all of the pertinent ASC liability waivers, releases, and code of conduct forms and pay a small van/coaching fee of \$30.

