

**MANITOBA SPEED SKATING ASSOCIATION  
SOURIS ICE AND DRY-LAND CAMP  
SEPTEMBER 17-19, 2010  
SOURIS GLENWOOD MEMORIAL COMPLEX, SOURIS MB**

	Full Day Program		Half Day Program
	Group A*	Group B*	
<b>Schedule:</b>	Fri Sept 17 <sup>th</sup> : 5:00pm – 9:00pm Sat Sept 18 <sup>th</sup> : 8:30am – 5:00pm Sun Sept 19 <sup>th</sup> : 8:30am – 3:00pm	Fri Sept 17 <sup>th</sup> : 6:00pm – 9:00pm Sat Sept 18 <sup>th</sup> : 8:30am – 5:00pm Sun Sept 19 <sup>th</sup> : 8:30am – 3:00pm	Sat Sept 18 <sup>th</sup> : 10:00am – 2:30pm Sun Sept 19 <sup>th</sup> : 10:00am – 2:30pm
<b>Ages:</b>	10 and up (based on age as at July 1, 2010)		Aimed at 6-9 year olds, and newer 10-13 year olds.
<b>Cost:</b>	\$110.00/athlete (includes 6 hrs of ice, dry-land, video, lunches & snacks) <i>Late registration is \$135.00/athlete</i>		\$45.00/athlete (includes 2 hrs of ice, dry-land, lunches & snacks)
Please make payment to MSSA by <b>Wednesday September 8<sup>th</sup></b>			

**Directions:**

From Brandon MB head south on 18<sup>th</sup> St. Continue on Hwy 10. Turn right at Hwy 2. Turn left at 1<sup>st</sup> St South. Finally turn right at 3<sup>rd</sup> Ave West.

**Recommended Accommodations\*\*:**

Please see below

**Camp List:**

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> Skating equipment and clothing | <input type="checkbox"/> Good runners | <input type="checkbox"/> Bug spray and sun screen  |
| <input type="checkbox"/> Appropriate dryland clothing   | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Additional healthy snacks |

**Notes:**

- \* Skaters' age and ability will determine group composition. Groups will be finalized once all registrations have been submitted.  
 \*\* Supervision is not being provided outside of camp hours.

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**Registration Form**

Registration due date is **Wednesday September 8, 2010**

Forms and payments **will not** be accepted at the camp. Please mail forms with payment to: MSSA, 145 Pacific Ave, Winnipeg MB R3B 2Z6

Program:     Full Day                       Half Day

Name: \_\_\_\_\_ Date of birth: D\_\_\_ M\_\_\_ Y\_\_\_\_\_     M     F

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Medical Number: \_\_\_\_\_ (6 digit number) \_\_\_\_\_ (9 digit number)

Medical Information: please include any medications and/or allergies including food allergies.

**WAIVER**

I voluntarily assume all risks and hazards incidental to participation in the Souris Dryland and Ice Camp, September 17-19, 2010 and I agree to hold and save harmless the Manitoba Speed Skating Association, their officers, employees and volunteers from any claims or injuries occasioned by my participation in this camp. I further certify that I am in appropriate physical condition to participate in the activities of this camp.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent (if athlete is under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**MANITOBA SPEED SKATING ASSOCIATION  
SOURIS ICE AND DRY-LAND CAMP  
SEPTEMBER 17-19, 2010  
SOURIS GLENWEED MEMORIAL COMPLEX, SOURIS MB  
DRAFT SCHEDULE**

	<b>GROUP 1</b>	<b>GROUP 2</b>	<b>GROUP 3</b>
<b>FRIDAY SEPTEMBER 17</b>	5:00pm – Arrive and Warm-up 5:30pm – Ice 6:45pm – Video 8:00pm – Ice 9:00pm – End	6:00pm – Arrive and Warm-up 6:45pm – Ice 8:00pm – Video 9:00pm – End	
<b>SATURDAY SEPTEMBER 18</b>	8:30am – Testing 10:15am – Ice 11:30am – Video 12:30am – Lunch 1:15pm – Dryland 2:00pm – Ice 3:45pm – Dryland 5:00pm – End	8:30am – Dryland 9:00am – Ice 10:15am – Testing 11:45am – Lunch 12:45pm – Ice 2:00pm – Video 3:00pm – Dryland 3:45pm – Ice 5:00pm – End	10:00am – Dryland 11:30am – Ice 12:45pm – Lunch 1:30pm – Dryland 2:30pm – End
<b>SUNDAY SEPTEMBER 19</b>	8:30am – Dryland 9:00am – Ice 10:15am – Dryland 11:00am – Video 12:00pm – Lunch 12:45pm – Ice 2:00pm – Dryland 3:00pm – End	8:30am – Dryland 10:15am – Ice 11:30am – Lunch 12:15am – Video 1:15pm – Dryland 2:00pm – Ice 3:00pm – End	10:00am – Video 11:00am – Dryland 11:30am – Ice 12:45pm – Lunch 1:30pm – Dryland 2:30pm – End

### Hotels & Motels

- **Canad Inns Brandon**  
1140 18th St.  
Phone: 204-727-1422  
Toll-Free: 1-888-332-2623
- **Colonial Inn**  
1944 Queens Avenue  
Phone: 204-728-8532  
Toll-Free: 1-800-665-6373
- **Comfort Inn**  
925 Middleton Avenue  
Phone: 204-727-6232  
Toll-Free: 1-800-958-9898
- **Days Inn**  
2130 Currie Boulevard  
Phone: 204-727-3600  
Toll-Free: 1-888-213-2192
- **Lakeview Inn & Suites**  
1880-18th Street N.  
Phone: 204-728-1880  
Toll-Free: 1-877-355-3500
- **Royal Oak Inn & Suites**  
3130 Victoria Avenue  
Phone: 204-728-5775  
Toll-Free: 1-800-852-2709
- **Redwood Inn**  
345-18th Street N.  
Phone: 204-728-2200  
Toll-Free: 1-877-728-2200
- **Trails West Motor Inn**  
210-18th Street N.  
Phone: 204-727-3800  
Toll-Free: 1-888-234-4040
- **Victoria Inn**  
3550 Victoria Avenue  
Phone: 204-725-1532  
Toll-Free: 1-800-852-2710
- **Super 8 Motel**  
1570 Highland Avenue  
Phone: 204-729-8024  
Toll-Free: 1-800-800-8000
- **The Little Chalet**  
1703 Middleton Avenue  
Phone: 204-725-1574  
Toll-Free: 1-866-614-7685