



## President's Day Training Camp Schedule

Saturday, February 18:

9:30 meet at Dickerson- front gate (or 8:30 Brookmont/Cabin John for ride)

10-11:30 technique

11:30 Blue Card test with Ashley McEwan and Dana Chladek

11:30-1:30 lunch and video review in trailer

1:30-3 broken runs on morning's course

Sunday, February 19:

8:30 meet at Dickerson-front gate (or 7:30 Brookmont/Cabin John for ride)

9-11 1/3's

12-2 lunch and video at Simon Ranagan's house

2 -3:30 KPB World Championships\*

4-5:30 Feeder Canal focusing on forward stroke technique with video

7pm potluck dinner/video review/presentation by Danas on training periodization at Dana's house

Monday, February 20

8:15 meet at Dickerson-front gate (or 7:15 Brookmont/Cabin John for ride)

9-11 fulls-(with flatwater warm up and race prep)

1:30-2:30 Brookmont Church circuits

\* Kayakers Playing Basketball

\*\*bring lunch for first day-we won't be leaving the plant between sessions

\*\*\*bring blue t-shirt for Sunday for KPB.

\*\*\*\*Cost for whole camp is \$130; make checks payable to the PWRC. Pro-rating is possible if athlete can't attend all sessions. Registration due on Feb. 16<sup>th</sup>.