# Second Annual Canmore Adventure Camp

## **General 2017 Camp Information**

**Drop off:** Sunday, August 13 by 3:30 p.m. **Pick up:** Saturday, August 19 by 1:00 p.m.

**Cost:** \$885 for returning athletes \$935 for new athletes

CIGC will not offer refunds after August 1, 2017.

Includes training tuition, food and accommodation, all activities and camp hat.

**Age:** 9 years+ (athletes must be comfortable staying away from home for a week)

If an athlete is ill or homesick for 3 days the staff may contact the parents for early pick up, without a refund for the remaining days.

Level: JO 3 and up Female athletes only

#### **Coaching Staff:**

Ashley Sportun: Camp Head Coach Keenan Pascos: Camp Coach Amy Miller: Camp Coach Andrew Vetter: Camp Coach Rich McCharles: Camp Coach

Aundrea Dube: Activities and overnight director

#### Location:

Canmore Illusions Training Facility 1900 8 Ave, Canmore, AB T1W 1Y2 (403) 678-4466

#### www.canmoregymnastics.com

For more information please contact ashley@canmoregymnastics.com

To register: please go to the following link: https://zone4.ca/reg.asp?id=14661



### **Special Post Camp Add On Helicopter Hike!**

Saturday, August 19 - Monday, August 21

Lead by Coach Rick McCharles.

Any Questions please email Rick at RickMcCharles@gmail.com

2 day, 24 kilometre hike to Mount Assinboine Helicopter in, walk out downhill 24 kilometres.

Cost: \$220 - 275 per person

See link for more information on Assiniboine:

https://besthike.com/n-america/rockies/ sunshine-to-assiniboine/

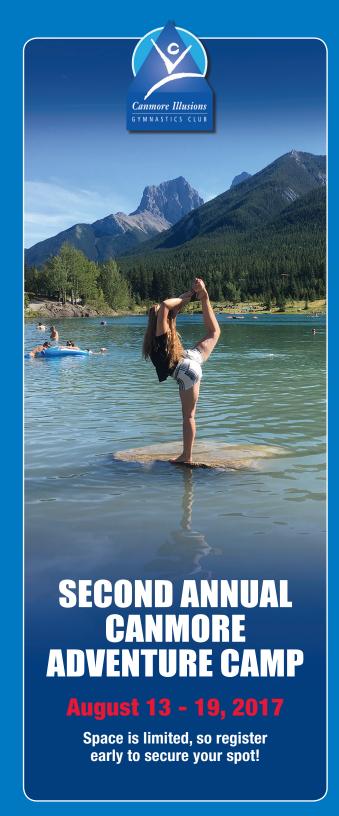


Quality gymnastics training and so much more!

Come see what Canmore has to offer!

Space is limited, so register early
to secure your spot!

www.canmoregymnastics.com





### **Canmore Illusions Gymnastics Club**

Canmore Illusions Gymnastics boasts a brand new 12 thousand square foot facility that includes a 40 x 40 sprung floor, in ground trampoline into pit,rod floor into pit, vault into pit, fully equipped beam area, pit bars and 2 sets of uneven bars.

#### **2017 Camp Itinerary**

#### Sunday, August 13

3:30 p.m. Drop off

Camp welcome, introduction of staff 4 p.m.

and facility tour

4:30 p.m. Athletes assessment and

training group placements

5:30 p.m. Dinner

Depart for Elevation Place for 6:30 p.m.

swimming and rock climbing

9:30 p.m. Return to the gym

10 p.m. Lights out

#### Monday, August 14

Breakfast 8 a.m. 8:30 - 1 p.m. Training 1:10 p.m. Lunch

Depart for swimming at Quarry Lake 2/2:15 p.m.

5 p.m. Dinner

6 p.m. Evening activity: Icebreaker games,

and groups for Skit Night

Movie night 8 p.m. 10 p.m. Liahts out

#### Tuesday, August 15

5 p.m.

**Breakfast** 8 a.m. 8:30 - 1 p.m. Training **BBQ Lunch** 1:10 p.m.

2/2:15 p.m. Depart for hike at Johnson Canyon OR

Stay at gym for second training session (Athletes please choose one activity)

Dinner

Evening activity: Hula Hoop Lesson 6 p.m.

and Acro Yoga Lesson

Free time in the gym 7:30 p.m. 9:30 p.m. Lights out



#### Wednesday, August 16

Breakfast 8 a.m. Training 8:30 - 1 p.m.

Packed lunches for on the bus 1:10 p.m. Depart for rafting at Kananaskis 1:30 p.m.

5:30 p.m. Dinner

Scavenger Hunt for prizes! 6:30 p.m.

Skit Night practice 8 p.m.

Gym Games: Capture the Flag, 8:30 p.m.

Fort Building etc.

Liahts out 9:30 p.m.

#### **Thursday, August 17**

8 a.m. **Breakfast** 8:30 - 1 p.m. **Training** Lunch 1:10 p.m.

2 p.m. Depart for Riverside Park for Slacklining

and the Ice cream Bus OR Stay at the gym for a second training session (Athletes please choose one activity)

5 p.m. Dinner

Evening activity: Skit Night practice 6 p.m. Jugging, Diabolo and Devil Stick Lesson 7 - 8:30 p.m.

8:30 - 9:30 p.m. Free time in the gym

9:30 p.m. Lights out



#### Friday, August 18

**Breakfast** 8 a.m. 8:30 - 1 p.m. Training 1:10 p.m. Pizza Lunch

2/2:15 p.m. Depart for Mountain biking excursion

OR Paddle boarding excursion (Athletes please choose one activity)

5 p.m. Dinner

Evening activity: Skit Night practice 6 p.m. 7 - 8:30 p.m. Non Gymnastics Talent and Skit

Night Show! Winners get to pie the coaches in the face on Saturday!

11 p.m. Liahts out

#### Saturday, August 19

Sleep in!

Pancake breakfast 9:30 a.m. Clean up and pack up! 10:30 a.m. 11 a.m. **Welcome Parents!** 

New trick spectacular, group dances, 11:15 a.m.

favourite skits and camp awards!

1 p.m. Athletes depart!

Or Prepare for Heli-Hike

to Assinboine!