

# **Lifeski Academy**

## **Summer Camp**

**August 24-26, 2019**  
**Orillia**

*“Come to challenge yourself, improve your skills and have fun with your friends.”*

**Targets U14, U16**

Register at [www.zone4.ca](http://www.zone4.ca)

Registration is open till August 22, 2019

**Fee: \$80.00**

Food and accommodation not included

Coaches: Katerina and Petr, club coaches are invited

**SCHEDULE:**

**DAY 1:** p.m. Track – Games, plyometrics, running drills & intensity, stretching technique

**DAY 2:** a.m. Games, Combine Tr.: running varieties & strength  
p.m. Roller skiing (drills, balance, agility, specific strength, distance)

Evening: Stretching

**DAY 3:** a.m. Pole run hill intervals  
p.m. Training Theory class, distance run, stretching, wrap-up

**Athletes are expected to participate in the full program!**

For more info e-mail to: [lifeski.academy@gmail.com](mailto:lifeski.academy@gmail.com) or text 249-385-5727