

Cascade Kayak Masters' Camp

For Competitive Adult Sprint, Marathon, & Surf Ski Racers

March 21 - 26, 2011

Camp Goals: The five goals of this camp are to help you:

1. Develop your competitive kayaking technique for greater endurance, power and speed
2. Learn how to organize and execute your training
3. Develop your racing skills
4. Develop your competitive sport knowledge
5. Get together with others of similar interest in competitive kayaking for friendship and camaraderie, and to share ideas and experiences

Camp Activities: The camp is organized into five activity types:

1. On the water training
2. Video analysis of participants' paddling technique
3. Video analysis of model paddling technique
4. Off the water presentations on competitive paddling specific topics
5. Social activities in which all participants are expected to participate

Prerequisites: Participants are required to be experienced kayakers, either currently racing or planning to begin racing within the next season. To help plan your training program, please come with a list of prioritized races you plan to enter next year. Participants must provide and use a wing kayak paddle. Participants must be comfortable in a sprint or marathon K-1 or a surf ski. Participants are expected to participate in all activities.

Boats: A limited number of ICF kayaks are available to use during the camp at no additional cost. Please indicate if you wish to use a Cascade K-1 during the camp, and if so, let us know your height and weight. If we have time and interest, we may also hop into K-4s for a session or two.

Accommodations: Accommodations are self organized at local motels. A limited number of billets may also available. Please indicate if you are interested in a billet with one of our club members when you register.

Meals: Participants are responsible for their own meals, with the exception of those provided by Cascade as indicated on the schedule - Monday and Saturday lunches. Please indicate any dietary restrictions when you register.

VO₂max Testing: We have reserved the Seattle University Exercise Physiology Lab for participants to get a VO₂max test. There will be an additional cost of \$100 for this program. When you register, please indicate if you want to take advantage of this great opportunity. Please go to the SU web site at www.potentrx.com for details on testing.

Cost: \$550, with maximum of 12 participants. Registration is first come, first served with a \$200 non-refundable deposit due by January 1. The balance is due by February 1. A minimum of 8 participants is required to run this program. If fewer than 8 deposits are received by the January 1 deadline, we'll cancel the camp and refund all deposits. Your \$100 fee for the VO₂max test will be paid directly to Seattle University.

Registration: Please register by calling the boathouse at 425-430-0111 with your credit card Monday, Thursday, Friday Saturday or Sunday between 11:00 am and 6:00 pm Pacific Time. Or mail a check to: Cascade Canoe & Kayak Centers, Inc. Masters' Camp, PO Box 4173, Renton, WA 98057. Or come by the boathouse.

Questions: Please contact Dan Henderson at danh@canoe-kayak.com if you have questions.

Schedule: This tentative schedule is subject to change based on weather and safety concerns, as well as availability of the Exercise Physiology Lab. Also, if Dan feels the group would be better served by a schedule change, that will be discussed for a group consensus

Monday, March 21

9:00 - 10:00	Welcome, introductions & overview of week, get organized
10:00 - Noon	On-the-water video session - take video of participants' technique
Noon - 1:00	Welcome Lunch on the pier at Cascade (provided)
1:00 - 2:30	Presentation - Kayak Forward
2:30 - 4:30	Aerobic Endurance Workout - intervals
7:00	Welcome Dinner Together - Restaurant to be announced

Tuesday, March 22

9:00 - 10:30	Aerobic Endurance Workout - repeats
10:30 - Noon	Review participants' video
Noon - 1:30	Lunch break
1:30 - 3:00	Presentation - Becoming a More Powerful Paddler
3:00 - 4:30	Aerobic Endurance Workout - pyramid intervals

Wednesday, March 23

9:00 - noon	VO _{2max} testing
Noon - 1:30	Lunch
1:30 - 2:30	Presentation - Exercise Physiology & Training Methodology
2:30 - 4:30	Threshold Workout - intervals
7:00	Dinner Together

Thursday, March 24

9:00 - 10:30	Aerobic Endurance Workout - 500 m repeats
10:30 - noon	Presentation - Starts & Racing Tactics
Afternoon	Off

Friday, March 25

9:00 - 10:30	Paddle - Starts & Race Tactics
10:30 - Noon	Presentation - Organize your training
Noon - 1:30	Lunch
1:30 - 3:00	Presentation - Weight Training for Paddling
3:00 - 4:30	Speed Workout - intervals

Saturday, March 26

8:00 - 11:00	Aerobic Endurance Workout with Cascade Team
11:00 - 1:00	Farewell Lunch Together - On the pier at Cascade (provided)