

INNOVATIVE FITNESS

3 DAY NORDIC EXPERIENCE CAMPS



INNOVATIVE
FITNESS™



What **IF** you could?™

DATES	LOCATION	CONTACT
JAN 21-23, 2011 FEB 18-20, 2011	NITA LAKE LODGE 2131 LAKE PLACID DRIVE	604 966 5720 camps@innovativefitness.com

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3 DAY NORDIC EXPERIENCE CAMPS



OUR MISSION

To create and to develop Nordic skiers at all levels, and to teach them how to optimize performance, durability, and enjoyment in the sport.

PERFORMANCE ENHANCEMENT MODEL

Our formula for building better athletes is simple. We combine [nutrition](#), [athletic training](#), [pre/rehabilitation](#), [sport specific training](#), [programming](#), and [equipment fit/selection](#) to build a sustainable model for performance enhancement and durability. One of the key elements to the success of our holistic approach is the emphasis that we place on educating the athlete on how to apply the tools that we provide them with.

Our 3 day training camps are designed to provide you with the ultimate training experience in North America's top destination resort – Whistler. You get to experience an Olympic legacy venue, and your athletic transformation will be complemented with the five diamond service and intuitive care of Nita Lake Lodge so that you can focus on your training.

WHO SHOULD ATTEND?

We place the emphasis on [having fun](#) and putting the [wow factor](#) in the training. [Do you love kicking and gliding along seamlessly groomed snow?](#) [Skating along endless rolling trails?](#) This will be a great experience for newer Nordic skiers and anyone with a passion for winter training. The camp has been specifically designed for those new to the sport, not the elite level racer. We will give you all of the tools that you need to grow in this sport, and the education that you need to apply them. We believe that training in a non intimidating group environment with the comprehensive support of our coaching team will be a motivating and inspiring experience for everyone!

PRE REQUISITES

We [highly](#) recommend that you complete the [6 week conditioning program](#) that we provide as prep for the camp. You need to be comfortable skiing for 2 to 3 hrs per day, 3 days in a row. We also split our skiers into pace groups, to help ensure that you get the most out of your camp experience. Our group also gets the undivided attention of the highly qualified Whistler Olympic Park instructors so that we can guarantee a focused learning experience.



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READY FOR YOUR NEXT CHALLENGE?

This is a great camp to prepare for your first loppet or a cross country ski event like the Canadian Ski Marathon in Quebec! Whatever your distance this will be a great way to get in a solid weekend of training, and you will walk away with a program to help you get to the start line of your next challenge.

GET PEOPLE READY FOR EXCITING LOCAL EVENTS

We schedule our camps to get people ready for major local races and some stunning destination travel events around the globe. Join team Innovative Fitness as we take aspiring athletes to test their skills in all corners of the globe. Be sure to check out the [Innovative Fitness Winter Sport Series](#) expo while you are at the camp to learn more.



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PRICING \$475 /PERSON

Camp pricing includes fuel/hydration products for your training. You are responsible for breakfasts, and dinner either at the hotel, or offsite. We provide lunches each day at Whistler Olympic Park. This makes it much easier to tailor your calorie intake needs for the week.

We strongly suggest that you stay with us at Nita Lake Lodge – we offer some of the best rates in town and it is one of the top 5 hotels in Whistler. The hotel will be featuring a carefully planned menu for our campers to support their week of training with. Our nutritionists work closely with the chefs to prepare quality, nutrient dense meals that you will not find anywhere else. We use the property as a hub for the entire week of training so that you can relax and focus on why you are really here.

ACCOMMODATION AND MEAL PACKAGES MUST BE BOOKED SEPARATELY THROUGH NITA LAKE LODGE

THE CAMP EXPERIENCE – WHAT’S INCLUDED

- 3 days of professional coach led training sessions (indoor/outdoor) in beautiful Whistler B.C. – this is a full weekend of Nordic skiing, yoga, stretching/trigger point work, and resistance training sessions
- Daily educational seminars covering topics ranging from equipment fit/selection, training theory, lactate testing, nutrition (pre/post/race day), injury prevention and more from industry leading experts
- Functional movement screening to identify movement deficiencies to base your resistance training on – prevent injuries before they occur and improve your physical performance
- Lunch daily
- All day tickets and rentals for the Olympic park
- Fueling and hydration products supplied for your training sessions
- A professional 3 month program package to take away no matter what distance you compete in
- Skate skiing session on day 1, a classic ski into the backcountry for lunch at the Callaghan Lodge, and a biathlon lesson on day 3 – the total Nordic experience
- Private group ski lessons with the Whistler Olympic park instructors
- Access to world class spa and massage services right in the hotel to help you recover from your training sessions.

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CAMP ESSENTIALS – WHAT TO BRING

- Skis, boots, and poles and a ski bag for transport - optional (all rentals are included)
- A selection of waxes for different temperature ranges
- Thermal underwear – enough for the number of days at the camp
- Wind vest or windbreaker
- Breathable, windproof jacket – Craft, Sugoi, and MEC all make these
- Thermal layer 1 or 2 light to mid weight
- Gloves – a layering system is best and be sure to carry an extra dry pair for stops
- Hot packs for emergency heat
- Socks – one pair for each day, merino wool is best
- Thermal headgear at least 2
- Gaiters to keep the snow out of your boots
- Skiing tights – thermal lined with a windproof membrane and breathability
- Small tote or backpack for anything you wish to keep in support vehicles.
- Heart Rate Monitor
- Sunscreen and lip balm
- Small thermos – for warm liquids like sport drink or soup broth
- Pack or hip belt to carry food, hydration, and spare clothing
- Warm coat and boots to change in to after skiing
- Sports drink or salt tablets
- Extra fuel for training – bring what you normally like to eat just in case
- Be sure to pack dry clothes to change into when you are done skiing!
- You should be bring a small tote bag or a pack to leave these items in the truck

We will have sport drinks, food, and any spare clothing you want etc in our support vehicle. Each day we will prepare water bottles for you using the sports drink provided by our sponsors and we will provide you with fueling products for use during the camp training sessions.

Keep in mind that we will do our best to keep you well fueled while training. Individual caloric needs may vary, but there are a number of grocery stores and restaurants in town to help meet your needs. We strongly recommend stocking up on your favorite snacks before or when you arrive at camp.

If you have any questions about what to pack or what to pack please contact the camp director – Mark Coates (mark@innovativefitness.com)

And do not forget that you are here to have fun and to share your passion with like minded people, all in one of the most beautiful places to train in B.C.!

ITINERARY 3 DAY NORDIC EXPERIENCE CAMP

	THURSDAY	FRIDAY - TRAINING DAY 1	SATURDAY - TRAINING DAY 2	SUNDAY - TRAINING DAY 3
6:00				
6:30		Breakfast/Daily Itinerary		
7:00		Breakfast/Daily Itinerary	Breakfast/Daily Intinerary	Breakfast/Daily Intinerary
7:30		Transport to the Callaghan	Cont...	Cont...
8:00		Theory 2: Dynamic Warm Ups	Drive to Callaghan	Drive to Callaghan
8:30		Warm up ski/ pick up rentals/tickets	Review Route	Warm up ski/ pick up rentals/tickets
9:00		Group Lesson	Warm up ski/ pick up rentals/tickets	Cont...
9:30		cont...	Climbing/descending practice	Discover Biathlon - Lesson
10:00		Coffee shop stop - Review lesson	Endurance ski - WOP/Callaghan Lodge	Cont...
10:30		cont...	cont...	Cont...
11:00		Free Ski Time	cont...	Lunch at the Lodge
11:30		Cont...	cont...	Transport back to Nita Lake
12:00		Theory 3: Fueling for Performance	cont...	Shower/Check Out
12:30		Cont...	cont...	Shower/Check out
1:00		Lunch	cont...	IF Event Expo -Winter Sport Series
1:30		Free Ski Time/30 min Time Trial	Lunch at the Lodge	Cont...
2:00		Free Ski Time/30 min Time Trial	Descent to Whistler Olympic Park	Questions/Feedback Survey
2:30		Transport Back to Nita Lake Lodge	Transport back to Nita Lake Lodge	Cont....
3:30		Massage/optional spa treatments	Change/shower	
4:00		Cont...	Massage/optional spa treatments	
4:30		Cont...	Cont...	
5:00		Circuit Class: Functional Training	Yoga/Trigger Point/Stretching	
5:30	Check into Nita Lake lodge / Collect Package	cont...	Cont...	
6:00	cont...	Theory 4: Soft Tissue Corrections	Massage/optional spa treatments	
6:30	Welcome/Introductions/Intinerary	cont...	Cont...	
7:00	cont...	Dinner at Nita Lake	Theory 5: Program Planning	
7:30	Dinner at Nita Lake Lodge	Cont...	Cont...	
8:00	cont...	Social Time	Wrap Up/Dinner Party	
8:30	Theory 1- Lactate Threshold/Heart Rate			
9:00	cont...			
9:30	Social Time			
10:00	cont...			

CONTACT DETAILS



For more information on Innovative Fitness training camps

Please Contact:

Mark Coates

camps@innovativefitness.com

P: 604-629-6299

F: 604-714-1662

Toll Free: 1-866-714-1661

or Visit Our Website

<http://www.innovativefitness.com/n/travel/travel.php?pageID=67>

To book your food and accommodation package for your camp

Please Contact :

courtney@nitalakelodge.com

Nita Lake Lodge

www.nitalakelodge.com

2131 Lake Placid Road

Whistler, B.C.

Canada

V0N 1B2

P: 1-604-966-5700

Toll Free: 1-888-755-6482

PERSONAL DETAILS

FIRST NAME

WORK PHONE

LAST NAME

HOME PHONE

HOME ADDRESS

MOBILE

CITY

EMAIL

COUNTRY

BIRTH DATE

POSTAL/ZIP CODE

PREFERRED CONTACT

DO YOU WISH TO RECEIVE REGULAR EMAIL UPDATES ABOUT UPCOMING CAMPS?

YES PLEASE

NO THANK YOU

MEDICAL INFORMATION

EMERGENCY CONTACT

PHYSICIAN'S NAME

CONTACT'S NUMBER

PHYSICIAN'S NUMBER

FAMILY HISTORY

HEART DISEASE

HIGH CHOLESTEROL

DIABETES

HIGH BLOOD PRESSURE

MEDICATIONS

ALLERGIES

PLEASE LIST MEDICATIONS

PLEASE LIST ALLERGIES

.....

.....

INJURY HISTORY

NECK

ANKLE

ELBOW

WRIST

KNEE

HIP

BACK

SHOULDER

SURGERIES

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

- YES NO Has your doctor ever advised you that you could have a heart condition and/or recommended only medically approved physical activity?
- YES NO Do you have chest pain brought on by physical activity?
- YES NO Have you ever developed chest pain at rest in the past month?
- YES NO Do you lose consciousness or lose your balance as a result of dizziness?
- YES NO Do you have a bone or a joint problem that could be aggravated by the proposed physical activity?
- YES NO Is your doctor currently prescribing medication for your blood pressure or heart condition (eg. Diuretics or water pills)? Any other medication that could affect your condition under stress?
- YES NO Are you aware, through your own experience or a doctor's reason against your exercising without medical approval?

NOTES

If you have a viral illness, or you are not feeling well at the time you are due to take part in one of our packages, you may wish to postpone attending the camp. We will do our best to move you to another date. Please review our cancellation policies and procedures.

If you are pregnant, you are required to have a physician complete a "Physician's Consent Form" prior to attending any Innovative Fitness training camp, including the hiking summit series.

If there are any changes in your status relative to the above questions, please bring this information to the attention of one of our camp professionals.

I have read, I fully understand, and I have completed this questionnaire, and the answers to all of the questions were negative; or I have received medical clearance to participate from my physician regarding any positive responses. I will not hold Innovative Fitness, their subsidiaries, employees, agents or contractors liable for any and all personal injury, illness, or death resulting from my participation in the camp. I understand that all personal information will be held in strict confidence.

SIGNED DATED

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PAYMENT METHOD

VISA MASTERCARD

CREDIT CARD NUMBER

NAME ON CARD

3 DIGIT SECURITY CODE

PAYMENT AUTHORIZATION

I, the undersigned, hereby authorize Innovative Fitness to charge my credit card for the total amount stated below.

TOTAL CAMP COST \$475* taxes included

PRINT NAME

SIGN NAME

DATE

*Please note that accommodation/meals are not included at this price.

You must book and pay for these separately by contacting Nita Lake Lodge directly

604-966-5709

courtney@nitalakelodge.com

I have read and understood this

All charges are payable to Innovative Fitness .

Charges will appear on your credit card statement as "IF 3 Day XC Ski Camp".

If you are an existing Innovative Fitness customer these charges will appear on your regular invoice.

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NORDIC SKIING EXPERIENCE ASSESMENT

Which of the following best describes how much time you ski each week?

1-3 hrs 3-5 hrs 5-7 hrs 8-10 hrs 10+ hrs

Have you ever participated in a Nordic Ski Race or Event or Camp?

YES NO

If yes, please list which ones you have completed, including finishing times or the duration of the event.

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How would you grade the trails that you ski on?

Novice/Beginner Intermediate Advanced Expert

CAMP ELIGIBILITY

In order to participate in this camp I understand that this form must be **filled out completely**, and that I must sign the waiver at the time of package pick up.

Initial Here

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