

## **Cross-Country Summer Camps!**

There are several great summer camps for BKL age kids. The following are excellent options and EMBK favorites:

### **Green Mountain Valley School (GMVS)**

Ages 12-16; June 25 – 28 (Friday – Monday)

Ages 14 – 18; June 29 – July 3 (Tuesday – Saturday)

Justin Beckwith – Head Coach

[jbeckwith@gmvs.org](mailto:jbeckwith@gmvs.org)

802-583-7852

[www.gmvs.org](http://www.gmvs.org)

### **Stratton Mountain School (SMS)**

Ages 10-14: August 15-18 (Sunday – Wednesday)

Ages 14-18: August 19-22 (Thursday – Sunday)

Sverre Caldwell – Head Coach

[scaldwell@gosms.org](mailto:scaldwell@gosms.org)

802-856-1130

<http://www.gosms.org/default.asp?bhcp=1>

### **EMBK Summer Camp – NEW THIS YEAR!!**

This camp is still in development but it looks very promising that we will be holding a summer camp at the same time as the CSU Juniors at the Winchendon School in Winchendon, MA. They will be separate camps with some joint activities (e.g, meals, balance and core drills, swimming, bonfires, etc.) but separate training programs. The EMBK program will be setup and run by EMBK coaches and parents. Rob Bradley runs the CSU Junior Program ([rbradlee@yahoo.com](mailto:rbradlee@yahoo.com)).

Ages 11-13: EMBK, July 7-11 (Wednesday – Sunday)

John LaChance – Head Coach EMBK

[jlachance@terratherm.com](mailto:jlachance@terratherm.com)

978-855-1418

## **EMBK Camp details (PLEASE CHECK BACK FOR UPDATES):**

Will stay at the Winchendon School in the town of Winchendon MA. This comfortable prep school is located on a scenic hilltop surrounded by a beautiful golf course. (Parents dropping off campers – the golf course is open to the public and is very enjoyable to play). We will eat our meals in the school cafeteria.

### Activities:

- Rollerskiing (with video) on the quiet back roads.
- Hiking and running on the Wapack and Midstate trails
- Hill-bounding
- Swimming in local lakes and rivers
- Strength training
- Discussions on psychological preparation for training and racing

### Please bring:

- Classic and skate rollerskis (1 pair of combi skis are fine)
- Rollerski poles with appropriate tips
- Helmet
- Classic and skate boots
- Running shoes
- Hill-bounding poles (10 cm shorter than classic)
- Water bottle and carrying backpack.
- Heart rate monitor if you own one
- Sports watch
- Notebook to record what you've learned
- Sunscreen
- Swimsuit and towel
- Sleeping bag or linens
- Pillow?
- Several sets of running shorts, shirts, and socks
- Casual clothes