



From the Desk of Julianne Zussman
Manager, West Hub
Athletics Canada

TO: Athletics Canada Athletes, Coaches and Staff

FROM: Julianne Zussman

DATE: November 18, 2016

SUBJECT: West Hub Warm Weather Endurance Camp Memo

Dear Athlete:

The West Hub Warm Weather Endurance Camp will provide athletes with a unique opportunity to access a world class daily training environment in the temperate Californian climate. The Chula Vista Elite Athlete Training Center is a multi-sport facility that has sport venues and support facilities for a number of Olympic and Paralympic sports.

The camp is prioritized for carded national team endurance athletes, and if there is space remaining we will fill up to capacity based on a priority order. Any athlete that is not funded by carding or NextGen Tier 1 & 2 is also required to attend with a personal coach.

Other event groups are not prioritized for this endurance camp, but carded or enhanced high performance program athletes can apply to attend with a personal coach, space permitting. Alternatively, we are welcoming other groups to arrange their own flights, transportation, and accommodations, and to pay a camp fee for access to West Hub IST and facilities at the Chula Vista Elite Athlete Training Center.

Sprints, jumps, throws and relays camps are being run by the East Hub in the spring of 2017.

Please indicate your interest by email to Julianne Zussman (jzussman@athletics.ca) before **November 27, 2016**.

CAMP DATES

Travel from home city to San Diego **21-January-2017**

You are responsible for booking your own travel. Airport pick-up will only be offered on this day.

Travel from San Diego to home city **9-February-2017**

You are responsible for booking your own travel. Airport pick-up will only be offered on this day.

LOCATIONS

Chula Vista Elite Athlete Training Center

2800 Olympic Pkwy
Chula Vista, California 91915

Olympic and Paralympic Track & Field

The athletics complex is a 400-meter, eight-lane, polyurethane running track with a 12-lane, 100-meter straightaway and an infield area for jumping events. There is an adjacent six-acre throwing area for field events, including hammer throw, javelin throw, shot put and discus.



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Strength & Conditioning Pavilion

This pavilion supports an expanded strength and conditioning (weight room) center with numerous Olympic-style weightlifting platforms and free weights. Athletes are able to access adjacent tennis court surfaces to perform specialized activities such as agility running and plyometric training.

Accommodations

Athletes will be housed at the residence on site at the Chula Vista Elite Athlete Training Center. Dinner will be provided every night, and that other meals will be prepared on your own. Athletes and staff can choose to do breakfast and lunch in their bedroom (mini fridges provided) or pay US\$18 per meal for a performance driven buffet style meal at the cafeteria.



STAFF

Lead Coach: Heather Hennigar
IST/Physiology Lead: Dr. Trent Stellingwerff
S&C: Sandeep Nandhra
Chiro/Physiotherapy: Simon Pearson/Brad Curry
Massage therapy: Jennifer Pendray/Nathan Garrison
Analyst: Ryan Brodie
Dietitian: Bec Hall
Manager: Julianne Zussman



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CAMP COST

The camp fee is \$2,000 (to be confirmed upon final numbers)

- Includes accommodations, facility access, vehicles, IST support (physiotherapy, massage, medical services, monitoring, testing opportunities, educational sessions on nutrition/physiology, etc.) and a performance driven buffet style dinner at the cafeteria from January 21 to February 9
- For carded athletes in the Enhanced Program with top-up money, the fee is expected to come out of your personal AC budget.

A \$200 deposit is due upon registration.

Please note that dinner will be provided every night, and that other meals will be prepared on your own. Athletes and staff can choose to do breakfast and lunch in their bedroom (mini fridges provided) or pay US\$18 per meal for a performance driven buffet style meal at the cafeteria.

Flights are the athlete's responsibility, and shuttles will be available from the San Diego Airport to the accommodations on January 21 and February 9, as listed above.

IMPORTANT CONTACTS

Julianne Zussman
jzussman@athletics.ca
250-634-4305

Heather Hennigar
hhennigar@athletics.ca

If you have any questions or concerns regarding the provided info, please do not hesitate to contact me at any time.

Sincerely,

Julianne Zussman
Manager, West Hub

