

Twin Cities Training Camp Weekend

Friday July 23– Sunday July 25 || Afton & St. Paul MN || \$35 (\$50 day of)
A weekend of training, learning and fun!!



» Full weekend of training in the TC metro for Masters, Juniors and Youth! Come as much or as little as you want.

» Included: coaching, lactates, Dartfish video, Sat night BBQ, support on workouts, sponsors schwag bag.

» Ski, chat & learn with Garrott Kuzzy

SCHEDULE of EVENTS

Friday, July 23, 2010 (Battle Creek Waterpark)

6:00-6:30 Check-in, gear up

6:30-8:30 Skate ski technique + Dartfish video on rollerskis

Saturday, July 24, 2010 Morning (Afton)

7:45-8:00 Check-in

8:00-10:00 Intensity with lactates (classic or skate)

10:00-10:30 Break

10:30-12:30 Classic ski technique + Dartfish video on rollerski

12:30-2:00 Lunch & “Q-n-A” with Garrott Kuzzy (*Buy/Bring your own)

Saturday, July 24, 2010 Afternoon (Battle Creek Winthrop)

3:00-5:30 Garrott Kuzzy Kids Camp Kid’s (Ages 5-10)

3:00-4:30 Strength/Quickness/Agility/Power with Green Body Fitness

4:30-5:30 Soccer

6:00-Finish BBQ at the park for all kids and adults

Sunday, July 25, 2010 (Afton)

7:45-8:00 Check-in

8:00-11:00 Long skate rollerski with options for early ending at 1 & 2 hrs.

* lunch isn’t provided—will eat at café in Afton—Garrott will speak there.

FREE Kuzzy’s Kids Camp (ages 5-10)

Sat July 24th || 3-5:30 (BBQ to follow)

Led by Olympian Garrott Kuzzy



More info or to sign up:

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