



## **ATTENTION ALL ONTARIO WAKEBOARDERS: WSWO IS NOW ACCEPTING APPLICATIONS FOR THE FIRST ONTARIO PROVINCIAL TRAINING CAMP**

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WSWO is excited to announce that we will be offering the first Ontario provincial wakeboard training camp for competitive athletes. The camp will encompass both on and off water segments, in an effort to develop an all around athlete. It is our goal to develop national and world champions from our province, thus we have created this training camp early in the season to help prepare athletes for the 2010 season! The activities will lead to increasing the athlete's physical conditioning, physical health, mental focus, nutrition, and understanding of the competitive wakeboard industry. The goal is to expose athletes to new skills and training that they do not receive on a regular basis. The on-water portion of the training camp will have a focus on skill development, coached by Professional rider and Canadian National Team Member Olivier Derome.

**Who can participate:** Competitive Wakeboarders from the province of Ontario  
**Date:** Friday June 25th - Sunday June 27th (Overnight Camp) 2010  
**Host:** The Wake Institute, Bobcaygeon, Ontario  
**Start Time:** 6:00 PM Friday  
**End Time:** 5:00PM Sunday  
**Cost:** \$375.00 + \$30.00 Active Single WSWO membership.  
**Selection Criteria:** There are 12 positions available to Ontario riders who wish to participate in the camp. For riders wishing to attend they must fill out the [Ontario Provincial Training Camp Application](#). If the demand for this camp is high, selection will be based on the rider's application, as well as cumulative results from the 2009 Ontario Contest circuit. (Provincials, Wakestock, Nationals). Athletes from all age categories and both genders will be accepted.

### **Deadline: All applications are due by Tuesday June 15th, 2010**

*\*All participant's must be a valid 2010 Active Single member of WSWO*

*\*Application forms and tentative schedules can also be found online at [www.onwake.com](http://www.onwake.com) and [www.wswow.ca](http://www.wswow.ca)*

### **Overview of the Training Camp**

This camp encompasses both on and off water training, with the ultimate goal of better preparing Ontario wakeboarders for the Provincial and National championships.

### **The course will include the following:**

- An introduction to wakeboard specific dry-land training workouts which focus on all athletic areas (Cardio, Agility, Balance, Core, Flexibility, Strength)
- Nutrition seminars on the importance of proper eating for competitive athletes
- Two on-water sets. Coaching by Pro rider and Canadian National Team member Olivier Derome



- Seminars on how to prepare yourself for competition, an overview of the judging criteria, and how to approach potential sponsorship opportunities
- Athletes and coaches will work together to create a basic year-round training plan, which can be applied to each individual's lifestyle. A training manual will be provided in which athletes can use as a training resource

### **Seminar Leaders and Coaches:**

**Camp Organizer: Erika Langman.** *Erika is a member of the Canadian National team and has been competing in wakeboarding from a grassroots level to a professional level over the past ten years. She is a head judge for the province of Ontario, and has over 8 years of coaching experience.*

**Head Coach: Oli Derome.** *Oli is one of the top ranked professional wakeboarders in the world and will be taking on the position of head coach for the training camp. Oli has over ten years of experience competing at a professional level, he is also a top ranked Canadian Judge and coach for Pop Wakeschool and the Projects.*

**Nutritionist and Fitness Leader: Kayle McMillen.** *Kayle is a member of the Canadian National Wakeboard Team and the 2009 reigning women's champ. She specializes in fitness and kinesiology and will be leading the dry-land training for the weekend. Kayle will also be coordinating the meals and as well as the nutrition workshop.*

**Yoga Instructor: Ally Boothroyd.** *Ally is accomplished in the act of Yoga and will be instructing a class on the physical and mental benefits of Yoga for wakeboarders.*

**WSWO Representative: Jay Poole.** *Jay is the current VP of wakeboarding for the WSWO. He is an Examiner for the CWSIC course, a provincial judge, and the owner of the training camp venue.*