

## 2016-17 FALLS CREEK WALKS CAMP

The next Falls Creek Summer Walks Camp will take place over the coming New Year period.

As always, the camp is a great way to prepare for the 2017 season (2017 is a World Youth Championships year) and National Championships.

### Camp Focus

While the camp is primarily for walkers in the 18-23 year age groups, older more experienced walkers will benefit from the excellent training environment. Younger walkers may also be welcome depending on training background.



If you are less than 18 years of age, we do ask that you to have a guardian or parent accompanying you to support you. The purpose of the camp is to train and progress in our wonderful sport and we will provide you with a great environment to achieve your goals. We find that particularly for under 18s the presence of a parent or trusted guardian always serves to makes the experience better.

### Dates

From Friday 30 December 2016 till Thursday 12th January 2017

### Costs

We keep costs for the camp as low as possible, while making everyone's stay as comfortable as we can, and as in the past we have a wonderful place to stay, with spacious rooms – As we must book week at a time, there cost will be approximately \$600 full board per week



### Coaches

Simon Baker (Level 5) and Tim Erickson (Level 4) will again be the coach coordinators for the camp.

We are keen to support your personal coaches and ensure training is personalised to your capabilities and priorities for the season.

### Altitude training

You might want to peruse the AIS advice care of Dr Philo Saunders on training at altitude, since it will be a different experience if you have never tried it.

[http://runforyourlife.com.au/downloads/issue3/Running\\_Science.pdf](http://runforyourlife.com.au/downloads/issue3/Running_Science.pdf)

**Weather** While the weather is usually fine and can be quite hot, this is alpine country and conditions can change quickly, bucket down with rain or get quite cold, especially overnight. You need to come prepared for all sorts of weather. It is usually very warm down in the valley which suits us as will make one or two trips down to Mt Beauty for swimming during the camp.

**Altitude** Training altitude is 1600-1700m (higher than Thredbo) and you feel it! We help you through this transition to altitude by adjusting the first few days of training to suit your adaption. Fortunately it is not too extreme and as long as you are well trained and fit your will find the experience valuable.

**Cooking** Dinner will be fully catered for each night. Like any team camp everyone is expected to help with preparation and cleaning up This is built into the daily cost.

Those of you on full board can prepare your breakfast and lunch from our supply of cereals, bread, milk, juices, condiments and such like and we will maintain sufficient stocks for everyone's needs.

If you have special dietary needs, you may need to bring your own goods but please contact us and we may be able to support your needs.

**Webpage** See <http://www.vrwc.org.au/vrwc-falls creek.shtml> for the latest information.

Expressions of interest should be made by contacting either Simon or Tim for any further information

Simon Baker  
0406 074 628  
Sfbaker1958@gmail.com

Tim Erickson  
0412 257 496  
terick@melbpc.org.au

