2023 Epic Camp

Friday Aug 25

1:00 – 3:00 Arrive, Shooting, Doug Talk
3:30 – 4:30 Roller Skiing at Retreat Hill
4:45 Supper at the Restaurant in Lumsden (athletes pay own way)

Sat Aug 26

10:00-12:00 Arrive, Intros, Shooting
12:00 - 1:00 Bring your own Lunch QVN, Ask a National Team Athlete Q and A?
1:00 – 2:30 Roller Skiing (at Paige's House) Bring Ski Boots and Poles
3:00 - 4:30 Inukshuk, Nutrition Presentation, Ask a National Team Athlete Q and A?
6:30 – 7:30 Night time Relay Race (Tentative due to construction)

Sun Aug 27

9:00 - 11:30 - Shooting,
11:30 BBQ at QVN Burgers, Hotdogs Supplied
1:00 – 2:00 Regina Beach Water Park

1. Email leah.japp@qvn.ca if they will NOT be joining us,
2. Complete this waiver prior to Sunday,
3. Bring swim gear and a towel (life jackets are provided),
4. Email leah.japp@qvn.ca and let me know if any other family members want to join our group, minimum age is 5 (the cost is $13 for under 14 and $15 for 14+ for the hour minus 15% group discount)
5. Athletes under 10 need to be accompanied by an adult.