

BEST IN THE WEST TRACK AND FIELD TOURS PRESENTS: HAWAII MARCH 16-MARCH 26, 2012



Kick start your 2012 track and field season with a training camp in tropical Hawaii! The weather will be beautiful and we will be located within close proximity of Waikiki beach. We will be training at the track and field facility at the University of Hawaii as well as local parks and running trails. There will be an opportunity to compete at the Rainbow Relays on Saturday, March 24th.

We have once again put together an excellent complement of coaches to work with high school athletes ranging in experience from novice to national team level. This training camp is designed to integrate biomechanical work, event-specific training methods, nutrition, mobility, psychological training and a lot of fun [Beach time].

- **Chris Johnson** – Vancouver Thunderbirds Cross Country and Middle Distance Coach; St. George's Cross Country and Track and Field Coach; Assistant Cross Country and Middle Distance Coach at UBC.
- **James Buhlman** - Vancouver Thunderbirds Speed and Power Coach; St. George's Track and Field Coach; sprints, hurdles, jumps and multi-events coach.
- **Darcie Montgomery** – Hershey Harriers Cross Country and Middle Distance Coach.

PROPOSED ITINERARY:

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|---------------------------------|----------------------------------------------------------|
| • Friday March 16th: | travel to Bellingham Airport via charter coach |
| • Friday March 16th: | fly Bellingham to Honolulu |
| • Saturday, March 17th: | am workout, pm workout |
| • Sunday, March 18th: | am workout, pm climb Diamond Head |
| • Monday March 19th: | am workout, pm workout (North Shore) |
| • Tuesday, March 20th: | am workout, pm hiking |
| • Wednesday, March 21st: | am workout, pm workout, go-karting |
| • Thursday, March 22nd: | am workout, pm Wet n' Wild water park |
| • Friday, March 23rd: | am workout, pm shopping expedition (outlet mall) |
| • Saturday, March 24th: | Rainbow Relays, team dinner |
| • Sunday March 25th: | am workout, pm travel to Bellingham from Honolulu |
| • Monday March 26th: | arrive Vancouver 9.00am [approximately] |

COST: \$2,295, includes airfare costs, transfers, accommodation, coaching and tour shirt

CONTACT: Chris Johnson: cjohnson@stgeorges.bc.ca phone: 604-818-5317

REQUIRED IMMEDIATELY TO RESERVE

- \$750 deposit to the Vancouver Thunderbirds Track and Field Club
- completed application form (available by email)

REQUIRED DECEMBER 31, 2011

- full balance (\$1545)

A detailed itinerary will be sent to you closer to the event along with an Acknowledgement of Risk and Informed Consent Form.

THIS TOUR WILL SELL OUT EARLY; WE REQUEST THAT YOU CONFIRM YOUR RESERVATION AS SOON AS POSSIBLE.