



Invitation to international FIS Junior camp in Madona, Latvia

From 29th July to 5th August Latvian Ski Federation invites to FIS Junior camp, Rollerski, Cross country, in Madona ("Smeceressils" ski center: <http://www.smeceressils.lv/index.php>).

The camp is for athletes born in 2001-2003. Each country will have 4 athletes (2 boys + 2 girls) and 1 coach provided with a living, dining and training program. In case of more participants from the same country, athletes with the highest FIS points will be preferred. Other participants from the same country will cost 40 EUR/day.

The athletes will have an opportunity to be involved in different training sessions and other activities during the camp. Multiple World champion in roller skiing Ragnar Bragvin Andersen (NOR) will take part in camps activities. See more detailed program below (slight changes can be made as the camp approaches).

Participants need to bring their own roller skiing equipment. Helmets while skiing are mandatory!

Applications should be made until July 14th. Accommodation possibilities are limited. The application will be canceled, when number of participants will reach maximum.

Straight after the camp FIS Rollerski World Championship will take place in Madona from 7th - 11th of August. More info: <https://madona2019.lv>

See You in Madona!

Applications and more info:
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**Junior Camp Madona, Smeceres Sils, Latvia
29th July – 5th August, 2019**

Day	Time	Activity	Who	Where
Monday, 29th July	13:00	Lunch	All	Smeceres sils
	14:00	Check in at cabins	All	Smeceres sils
	16:00	Meeting Coaches	Coaches	Smeceres sils
	16:30	Rollerski F, easy session after travel, some speed (short sprints) + short run, 2h	All	Smeceres sils
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Tuesday, 30th July	07:00	Breakfast, Morning exercise	All	Cabin
	09:00	Sprint-race C, men	Men	Smeceres sils
	09:00	Easy Run, 1,5h women	Women	Smeceres sils
	12:00	Lunch	All	Smeceres sils
	16:30	Sprint-race C, women	Women	Smeceres sils
	16:30	Easy Run, 1,5-2h, men	Men	Smeceres sils
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Wednesday, 31st July	07:00	Breakfast, Morning exercise	All	Cabin
	09:00	Rollerski F, agility/speed, 2h	Women	Smeceres sils
	09:00	Rollerski C short + core strength, 2h	Men	Smeceres sils
	12:00	Lunch	All	Smeceres sils
	16:30	Rollerski C short + core strength, 2h	Women	Smeceres sils
	09:00	Rollerski F, agility/speed, 2h	Men	Smeceres sils
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Thursday, 1st August	07:00	Breakfast, Morning exercise	All	Cabin
	08:00	Long run, 3-5h	All	Madona region
	12:00	Lunch	All	Smeceres sils
	16:30	Activities (mixed team), no training	All	Smeceres sils, sports centre
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils

Day	Time	Activity	Who	Where
Friday, 2nd August	07:00	Breakfast, Morning exercise	All	Cabin
	08:45	Travel to Sauleskalns	All	Smeceres sils (outside)
	09:00	Rollerski C long, technique, 2,5h	All	Sauleskalns - Mārciena
	12:00	Lunch	All	Smeceres sils
	16:00	Short run + overall, impulsive strength, 1h	Women	Smeceres sils
	17:00	Short run + overall, impulsive strength, 1h	Men	Smeceres sils
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Saturday, 3rd August	07:00	Breakfast, Morning exercise	All	Cabin
	09:00	Imitation Intervals, 6 x 4 min, 2,5h	All	Smeceres sils
	12:00	Lunch	All	Smeceres sils
	13:00	Press Conference	All	Smeceres sils
	16:00	Rollerski F, technique, 2h	All	Smeceres sils
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Sunday, 4th August	07:00	Breakfast, Morning exercise	All	Cabin
	09:00	Rollerski C, agility/speed, 2h	All	Smeceres sils
	12:00	Lunch	All	Smeceres sils
	16:30	Activities (floorball, wall climbing, etc.)	All	Smeceres sils, sports centre
	19:00	Dinner	All	Smeceres sils
	20:00	Meeting	All	Smeceres sils
	20:30	Meeting coaches	Coaches	Smeceres sils
Monday, 5th August	07:00	Breakfast, Morning exercise	All	Cabin
	08:30	Run + Rollerski C + Run, 3h	All	Lazdona - Mētriena
	12:00	Lunch	All	Smeceres sils
	13:00	Travel home	All	
Totally 25 hours, (4 full, 4 half days)				