

# BEST IN THE WEST TRACK AND FIELD TOURS PRESENTS: PHOENIX MARCH 2015



CONTINUING THE GREAT TRADITION OF SPRING BREAK TRACK AND FIELD TRAINING TOURS, BEST IN THE WEST WILL BE TRAVELING TO PHOENIX, ARIZONA IN SPRING, 2015.

We have once again put together an excellent complement of coaches to work with high school athletes ranging in experience from novice to those who have had national team experience. All high school aged athletes are invited to attend.

- **Laurier Primeau** (personal coach to **Emma Nuttall** the Scottish record holder in the high jump and **Claudette Allen**, Jamaican Junior Champion in the long jump) will oversee the jumps and combined events, and will assist with speed
- Heading the sprints and hurdles will be **Mary Chewning** (personal coach to the #1 ranked youth 200 meter athlete in Canada, **Jake Hanna**)
- **Chris Johnson** (personal coach to 2014 Sun Run Champion, **Rachel Cliff**), will take on all endurance needs
- Addressing all medical concerns and heading up soft tissue therapy will be **Stephanie McCann**, who was 10<sup>th</sup> in the pole vault at the 2004 Olympic Games in Athens, and is a physiotherapist in Vancouver.

## TENTATIVE ITINERARY:

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| • <b>Sunday, March 15<sup>th</sup>:</b>    | <b>travel to Phoenix, evening meeting</b>                                    |
| • <b>Monday, March 16<sup>th</sup>:</b>    | <b>am workout, pm rest &amp; relaxation, evening q&amp;a on nutrition</b>    |
| • <b>Tuesday, March 17<sup>th</sup>:</b>   | <b>am workout, evening lecture on biomechanics &amp; mobility</b>            |
| • <b>Wednesday, March 18<sup>th</sup>:</b> | <b>am workout, afternoon go-karting*, evening pilates class</b>              |
| • <b>Thursday, March 19<sup>th</sup>:</b>  | <b>am workout, pm outlet mall / Phoenix Suns vs New Orleans Pelicans*</b>    |
| • <b>Friday, March 20<sup>th</sup>:</b>    | <b>am workout, pm rest &amp; relaxation, evening pilates</b>                 |
| • <b>Saturday, March 21<sup>st</sup>:</b>  | <b>day off, observe university level track meet, Tempe</b>                   |
| • <b>Sunday, March 22<sup>nd</sup>:</b>    | <b>am workout, pm r&amp;r, evening Vancouver Canucks vs Arizona Coyotes*</b> |
| • <b>Monday, March 23<sup>rd</sup>:</b>    | <b>am workout, pm shopping, evening meeting and review of camp</b>           |
| • <b>Tuesday, March 24<sup>th</sup>:</b>   | <b>return to Vancouver</b>   |

**COST:** \$2275, includes provisional airfare costs, transfers, accommodation, coaching and facility fees, tour shirt (subject to adjustment for airline fuel surcharges)  
\*these activities are optional, and are additional to the cost of the tour

**CONTACT:** Laurier Primeau at [Laurier.primeau@twu.ca](mailto:Laurier.primeau@twu.ca)

## REQUIRED IMMEDIATELY TO RESERVE

- \$750 deposit to the Vancouver Thunderbirds Track and Field Club
- A post-dated cheque (January 14<sup>th</sup>, 2015) for \$1525
- completed application form (available by email upon request)