

CARRABASSETT VALLEY REC. DEPT

presents

YOUTH MT BIKE CAMP

GRADES: 6-12



INTERMEDIATE TO ADVANCED CAMP DATES:

July 15-19 OR July 22-26

9am-4pm



Location: Sugarloaf Outdoor Center (Weather Permitting)

Head Coaches: Kerry Ouellette & Andy Gillespie

Registration: dbowker3@roadrunner.com

Cost: Taxpayer/ Local school \$130

Non-Resident Participant \$230

Mailing Address: CV Rec Dept 1001 Carriage rd. CV Maine 04947

(Attention: Deb Bowker)

Carrabassett Valley Rec Dept Bike Camp

Concentrates on improving skill sets, guidance of trail choice and Trail etiquette.

Bike maintenance and mechanics will be taught along with risk management, respectful conduct, problem solving, healthy food choices and what to carry for a successful and safe ride.

Our greatest achievement is for the riders to have fun learning.

All participants should bring the following:

- Bike - helmet - gloves
- Camelbak or small backpack
- Water bottles or Water pack
- Sunscreen / bug spray
- Lunch & snacks
- Personal medications