

1st Trupial – Auto City International Trainings Camp & Trupial Classic Race

Camp name : Spin to Successes

Date Camp : April 22nd – 25th

Trupial Classic Race : April 26th

Camp Venue : Refineria Isla Man Camp

Race Venue : Stadium Ergilio Hato – SDK

Invited Teams : Athletes & Coaches from Aruba; Bonaire; St. Maarten; Suriname & Curaçao

Invited Guest : Lenford Levy, RDC Manager in Puerto Rico

Objectives : 1. Prepare our athletes for their next step in track & field carrier
2. Follow new training methodology by international trainers
3. Introducing to video analyze to our coaches

Project Coordinator : Ruthsel Martina

Assistant :

Invited Coaches	1. Lenford Levy	Puerto Rico	Sprint & Hurdle
	2. Glenn Albertina	Bonaire	Prevent muscle Injury & Sport Philology
	3. Felix Pinja	Aruba	Multi event Age Group U15
	4. Wendell Prince	Curaçao	Video analyze & dark fish



Camp Rules

1.0 The camp is open for Female and Male in the follow categories

1.1 U15: 13 & 14 years for multi event

1.2 U18 & U20: in 3 category Sprint & Hurdle; Jumps & Throw

2.0 Camp open on Tuesday 22nd 17.00 at Ergilio Hato Stadium – SDK, Brieven gat

3.0 Camp Accommodation is at Refineria Isla Man Camp at Rio Canario

3.1 Camp will open on Tuesday 22nd 14.00 up and will close on Sunday 27th 12.00

3.2 Transportation will be provided from the Camp to the station v/v.

3.3 Food & Beverage will be provided at the Camp dining room

3.4 On April 26th (the race day) food will be provided at the Stadium

3.5 Closing Ceremony will be held at FFK- Porch Brieven gat, with a B.B.Q.

4.0 Camp Rules

4.1 We will separate the Male and the Female in separate Cabins

4.2 No Male athletes is permitted in the Female cabin and opposite

4.3 All meeting has to be done in the main dining room

4.4 No high volume voice is permitted in the Camp Venue

4.5 All athletes must maintain their room and cabin clean

4.6 Leaving the camp venue is permitted, only after getting permission from the Camp Leader

5.0 On Time Perform

5.1 All Athletes must follow the program on time

5.2 Especially the departure time of the busses to and from the stadium

5.3 All athletes must follow the whole camp program, other permitted by the Camp Leader.

6.0 Training Rules

6.1 All Athletes must were the Camp T-Shirt(or duplex) at all training session

6.2 All Athletes must follow the instruction of their designated Coach.

7.0 Meeting Rules

7.1 All Athletes must attend all meetings and workshop regarding the camp program

8.0 In case of any illness athlete must inform any Camp Leader immediately ,so we can take the necessary actions

Trupial – Auto City International Trainings Camp 2014 - General Program

Date : April 22nd – April 27th
Venue : Stadium Ergilio Hato - SDK
Country : Curacao
Accommodation : MAN Camp PDVS, Rio Canario

Date:	April 22nd	April 23rd	April 24th	April 25th	April 26th	April 27th
Day:	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time						
06.00-07.00	Arrival All Delegate				Breakfast	
07.00-08.00		Breakfast	Breakfast	Breakfast	Competition Day	Breakfast
09.00-10.00		Group Meeting	Group Meeting	Group Meeting		Lunch at SDK
10.00-12.00		Training Session 2	Training Session 4			
12.00-13.00		Lunch	Lunch	Lunch		
13.00-16.00		Free	Free	Free		
16.00-17.00		Group Meeting	Group Meeting			
17.00-19.00	Training Session 1	Training Session 3	Training Session 5	Medal Presentation		
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Closing Ceremony FFK Porch	
20.00-22.00	Coaches & Athletes • Glenn Albertina	Workshop Coaches • Wendell Prince	Workshop Coaches • Lenford Levy	Team Meeting		
22.00 23.00	Day Closing	Day Closing	Day Closing	Day Closing	Day Closing	

Trupial – Auto City International Trainings Camp 2014 – Training Program

Date : April 22nd – April 27th
Venue : Stadium Ergilio Hato - SDK
Country : Curacao
Accommodation : MAN Camp PDVS, Rio Canario

Date:	April 22nd	April 23rd	April 24th	April 25th	April 26th	April 27th				
Day:	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Time										
06.00-07.00	Arrival All Delegate				Breakfast					
07.00-08.00		Breakfast	Breakfast	Breakfast	Competition Day	Breakfast				
09.00-10.00		Group Meeting • Evaluation Day 1	Group Meeting • Evaluation Day 2	Group Meeting Motivation Session • Robert Coffie • Evaluation Day 3		Lunch at SDK	Departure All Del.			
10.00-12.00		Training Session 2 • Group warm-up • Event specific drills • Video Shots • Multi Event U15	Training Session 4 • Group warm-up • Event specific drills • Group training • Multi Event U15	Free				Lunch		
12.00-13.00		Lunch	Lunch	Lunch						
13.00-16.00		Free	Free	Free						
16.00-17.00		Group Meeting	Group Meeting							
17.00-19.00		Training Session 1 • Opening speeds • Group warm-up • Event specific drills • Group training	Training Session 3 • Group warm-up • Event specific drills • Group training • Athletes Questions	Training Session 5 • Group warm-up • Event specific drills • Group training • Athletes Questions					Medal Presentation	
19.00-20.00		Dinner	Dinner	Dinner					Dinner	Closing Ceremony FFK Porch Dinner: B.B.Q. Happy Hour Return Bus to Camp Day Closing
20.00-22.00		Workshop • Glenn Albertina • Prevent Injury	Workshop Coaches • Wendell Prince • Dark Fish Program	Workshop Coaches • Lenford Levy • Coaches development					Team Meeting • Pre Race Meeting	
22.00 23.00	Day Closing	Day Closing	Day Closing	Day Closing						

Trupial – Auto City International Trainings Camp 2014 – Food & Beverage

Date : April 22nd – April 27th
Venue : Stadium Ergilio Hato - SDK
Country : Curacao
Accommodation : MAN Camp PDVS, Rio Canario

Date:	April 22 nd	April 23 rd	April 24 th	April 25 th	April 26 th	April 27 th
Day:	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time						
06.00-07.00	Arrival All Delegate				Breakfast: • Coffee or Tea • Corn Flakes Box • Ham & Cheese • Bread Brown Fruit: Banana	
07.00-08.00		Breakfast: • Coffee or Tea • Milk Box • Corn Flakes Box • Ham & Cheese • Brown Bread • Fruit: Banana	Breakfast: • Coffee or Tea • Milk Box • Corn Flakes Box • Bacon Egg • Brown Bread Fruit: Banana	Breakfast: • Coffee or Tea • Milk Box • Corn Flakes Box • Ham & Cheese • Brown Bread Fruit: Orange	Competition Day	Breakfast: • Coffee or Tea • Milk Box • Corn Flakes Box • Ham & Cheese • Brown Bread Fruit: Banana
12.00-13.00		Lunch: • With Rice • Chicken & Carrot • Fresh Vegetable • Fruit Cocktail	Lunch: • Yellow Rice • Fish Filet • Fresh Vegetable • Peach Fruit	Lunch: • Rice & Beans • Stewed Meat • Fresh Vegetable • Apple	Lunch: • Spaghetti & Meat Bolls • Mix Vegetable • Juice	
19.00-20.00	Dinner: Macaroni & Ham Salad / Bread Fruit Yogurt Cup	Dinner: Hamburger Bread Fruit Yogurt Cup	Dinner: Chicken Salad Bread Fruit Yogurt Cup	Dinner: Crab Salad Bread Fruit Yogurt Cup	Closing Ceremony FFK Porch Dinner: B.B.Q. Happy Hour Return Bus to Camp	

Race Program 2014:

<u>Time</u>	<u>Track event</u>			<u>Field event</u>	<u>Category</u>
7:00	5 K Walk	Open			
8:00	400 m	U9	F&M	Discus Throw	U-18,U-20,20+ M
	600 m	U11	F&M	U-18, 18+ F	Masters F&M
	800 m	U13	M		
	1000 m	U13	M	HJ	U-18,18+ F&M
	1000 m	U15	M		
	1200 m	U15	M		
	800 m	U-18,18+	F&M		
9:00	100 m Prel.	U-18,U-20,20+	F&M	Shot Put	U-18,U-20,20+ M
	60 m (t f.)	U9; U11; U13	F&M	U-18, 18+ F	Masters F&M
	80 m (t f.)	U15	F&M	LJ	U-18,18+ F&M
10:00	400 m final	U-18,U-20,20+	M	Javelin Throw	U-18,U-20,20+ M
		U-18, 18+	F	U-18, 18+ F	Masters F&M
				Ball Throw	U9; U11 F&M
				LJ	U13 & U15 F&M
11:00	60 m Final	Masters	F&M	LJ	U9; U11 F&M
	100 m Final	U-18,U-20,20+	F&M	Ball Throw	U13 & U15 F&M
12:00	Lunch Break				
14:00	Opening Ceremony				
15:00	Relay 4 x 60	U11	F	*Athletes can participate in max. 3 events but all relays	
	Relay 4 x 60	U11	M		
	Relay 4 x 100	U13	F		
	Relay 4 x 100	U13	M		
	Relay 4 x 100	U13	F		
	Relay 4 x 100	U13	M		
	Relay 4 x 100	U18	F		
	Relay 4 x 100	U18	M		
	Relay 4 x 100	Open	F		
	Relay 4 x 100	Open	M		
Relay 4 x 100	Masters mix	2M & 2F			
16:00	Relay 400-300-200-100 m	U13 mix	2M & 2F		
	Relay 400-300-200-100 m	U15 mix	2M &		

	Relay 400-300-200-100 m Open	2F
	Relay 400-300-200-100 m U-20	F
	Relay 4 x 400m Open	M
		M
<i>17:00</i>	Medal ceremony	
<i>18:00 – 21:00</i>	Closing banquet	