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## Para Cycling Introduction Camp 2010

### *Schedule*

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Friday, April 16<sup>th</sup>, 2010

	CAMP
6:00 pm	Welcome & Introduction at the Cycling Centre
6:30 pm	What is para-cycling - Sébastien Travers
7:30 pm	Our objectives for the camp - Luc Arseneau
7:45 pm	The programs from Atlantic Canada to the Paralympic Games Luc Arseneau and Sébastien Travers
8:15 pm	Conclusion for the evening

Saturday, April 17<sup>th</sup>, 2010

	CAMP
9:30 am	Meeting at Rotary Park
9:45 am	Basic riding skills
10:30 am	Road ride in small groups
11:30 am	Back at the Centre
12:00 - 12:30 pm	Final discussions

**What to bring:**

- Bike
- Plenty of cycling clothes (remember, at this time of year, better to have layers)
- Rain coat (in case)
- Water bottles