



**RPS Camp (age 7+) & Bouldership (Leadership) (age 13+)**

**COST:** 1st week \$350 + taxes (**\$402.40**) PER CHILD

20% off for any additional week \$280 + taxes (**\$321.93**) PER CHILD

Camp starts at 9 am and finishes at 4:30 pm.

**Daycare services:** from 8 am to 9 am and 4:30 pm to 5:30 pm | **\$10 per day | \$30 per week per family. GST|QST included.**

If the bike has a bottle cage option, please invest in a cage and water bottle prior to camp.

**DUE TO THE PANDEMIC SHORTAGE OF BIKES, WE WILL NOT BE RENTING ON SITE. VERY SORRY!**

**More about the camp in this article that appeared in *Le Droit*:**

[Learn To Mountain Bike - pdf](#)

**SUMMER CAMP 2021 SESSIONS**

RPS #1   Week of June 21
RPS #2   Week of June 28
RPS #3   Week of July 5
RPS #4   Week of July 12
RPS #5   Week of July 19
RPS #6   Week of July 26
<b>NO CAMP ON THE LONG WEEKEND OF AUGUST 2nd</b>
RPS #7   Week of August 9
RPS #8   Week of August 16
<b>NEW THIS YEAR! RPS #9   Week of August 23</b>

Basics skills are **taught (LEARN)**, **repeated (PRACTICE)** and **reinforced (PLAY)** with a focus on safety. We follow our very own P.A.R.A. model: Preventing Accidents by being RESPONSE-ABLE and ACCOUNTABLE.

- The mastery of basic skills is evaluated before progressing to the next level.
- Coaches reinforce in each athlete the importance of being patient with one's progress.
- Coach's trail selection respects the natural progression of each rider.
- Innovative "fartlek" workouts (fun intervals) translates into getting fit the natural way.
- Gentle introduction to mental training skills (focus, visualisation, breathing and reframing).
- The perfect balance between mountain biking, art & crafts, forest teachings and cooperative games.
- The focus is to play outside and to learn from each other in a collaborative atmosphere.

**FAMILY AFTERNOON EVERY FRIDAY**  
**From 1 pm to closing of camp (4 pm).**  
**DONATIONS ACCEPTED FOR TRAIL MAINTENANCE**

EMAIL ANYTIME FOR QUESTIONS OR CONCERNS!  
NOUS SOMMES ICI POUR VOUS ÉCOUTER!

**DOMINIQUE LAROCQUE**  
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