



**LaRoccaXC**

**École de vélo de montagne  
Mountain Bike School**

EST.1997

CREATIVE WHEEL CONSULTING INC. © 2025

## SUMMER CAMP HOURS

From 9 a.m. to 4 p.m. WE APPRECIATE YOUR PUNCTUALITY.

Before and after care from 8 a.m. to 9 a.m. and 4 p.m. to 5 p.m.

## WHAT TO BRING

Every listed item is mandatory. Please place all the items in ONE “labelled” Rubbermaid ROUGHNECK bin, as we will operate from the Amik Lodge this season. Please send lots of food in a separate lunch box/bag.

We have water on site.

- ☐ Mountain bike with knobby tires. If the bike size is a safety issue, you will need to rent a bike on site.  
*There will be a charge if the bike needs repairs. Please remove kick stand.*
- ☐ Bike helmet that meets safety standards. [www.mec.ca/en/explore/how-to-choose-a-cycling-helmet](http://www.mec.ca/en/explore/how-to-choose-a-cycling-helmet)
- ☐ Cycling gloves
- ☐ A bottle cage on the bike with water bottle. (camel backs are hot and can be a distraction)
- ☐ Tight forming clothes (no jeans, baggy shorts, long t-shirts). Cycling shorts highly recommended.
- ☐ Trail running shoes
- ☐ Backpack (small)
- ☐ One change of clothes (socks)
- ☐ Rain gear
- ☐ Bug spray
- ☐ Hat
- ☐ Quiet time activities (books, sketching material, games) that we keep in the lodge for bad weather.

The cell phone will be stored during the day and accessible in case of emergency with the coach's assistance.

Every night, the children return home with their lunchbox and wet clothes.

The bikes stay on site, locked in our container.

Advise us if your child needs to bring his/her bike home for club practice.

## OFFICE HOURS

If you have something urgent to communicate to Dominique, call **819.456.2786**. Leave a detailed message.

**We do not text.**