

Callaghan Valley Training Centre 2013-14

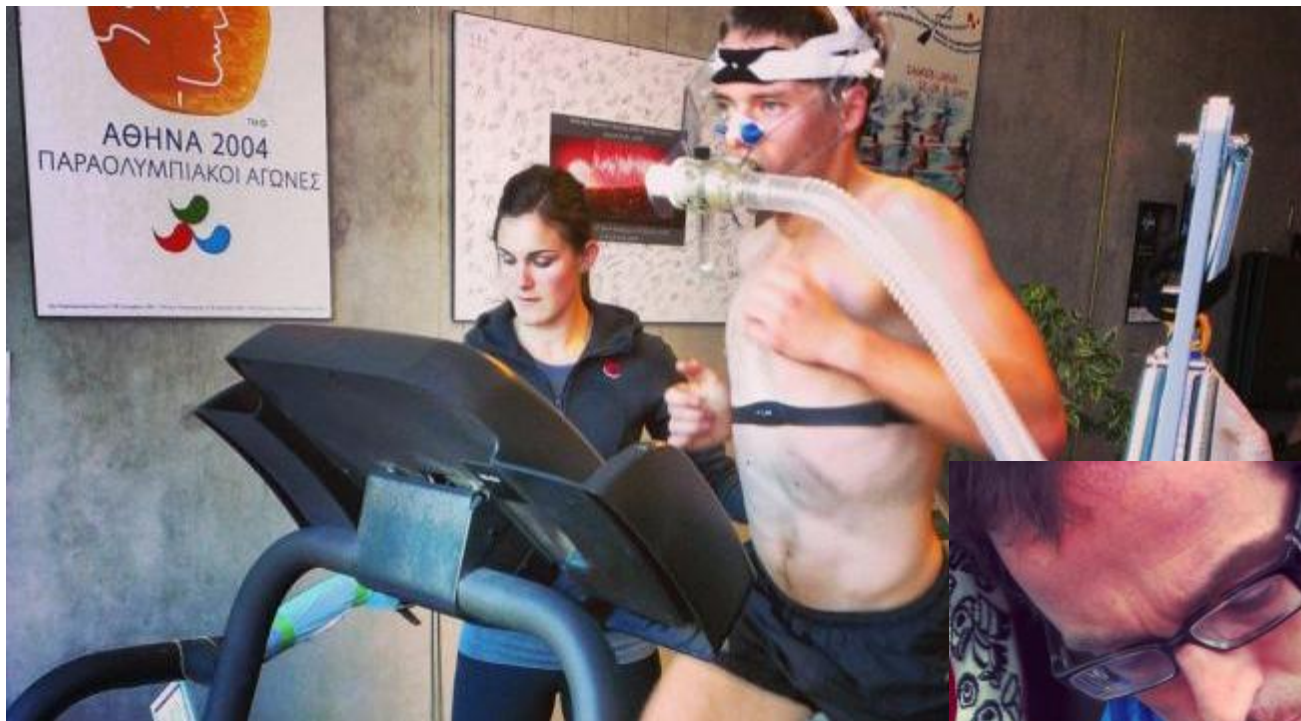


May – team cohesion at Hornby Island



June - skiing at Whistler Olympic Park





June - testing



July - Altitude camp in Park City





August - Running races in BC



September - Fall camp

Haig – Revelstoke – Rossland



Snow camp Haig



Strength



Running



Motivation



September





Local events

- Ironman
- Whistler Nordics
- 5 Peaks
- Whistler Food bank
- Coaching courses

October – Frozen Thunder



November



Race season



- **NorAms**
- **WJT**
- **Coast Cup and Payak**
- **Easterns**
- **Westerns**
- **BC Championships**
- **Nationals**



Thank you!

