

2018-19 CCBC Master HP Program Schedule

Sept 7, 2018

Targeted clubs in 2018 – for mentoring coaches/parents:

Fernie – Graham

Invermere – Graham

Nelson - Graham

Williams Lake – Chris

Pemberton – Maria

Whistler – Maria and Chris

Squamish - Maria

Apr 20-22 CWG Women's Apprentice Program – Professional Dev.
Calgary, AB
Andrea S

Apr 20-21 CCC High Performance Spring Meeting
Canmore, AB
Chris M, Jake W, Adam

May 4-6 Teck Regional Spring Snow Camp (Coast Region-VI)
Mt Washington, BC
Coach: Andrea S

May 3-6 NCCP L2C (On Snow) Workshop
Whistler, BC
LF: Chris M

May 4-6 NCCP T2T (Dryland) Workshop
Whistler, BC
LF: Maria L

May 1-16 BCST/BCDS/BCPNT Educational Sessions
To be completed prior to the May Camp
- individual feedback on diet with dietician (on Skype) with emphasis on iron and endurance sport – Sport Dietician, Genevieve Masson
- individual meetings (on Skype) with Sport Psychologist Dave Freeze – part of a package

May 17-21 **CCBC May Snow Camp** (BCST/BCDS/BCPNT)
Estimated 35 able-bodied athletes; 4 para athletes
Main focus – team building and season start up testing
All athletes:
- strength and conditioning: Strength/Conditioning Coach, Kayla Dodson

- threshold testing: Sport Physiologist, Stacey Hutton
- annual athlete information sheet and goal setting
- functional movement screening (physio assessments): Physiotherapist, Sean Campbell. Only athletes that can't get this done at home? Need 2 physios if we want to do both teams

Whistler, BC

Coaches: Chris M, Adam E, Maria L, Jake W, Matt S, Andrea S (CWG Apprentice), Jessica H & PCE coaches - Geoff Recknell, Graeme Moore, Jamie Stirling

May 31-
June 3

BC Talent Squad Summer Camp (BCTS)

Estimated 50 athletes

Main focus – testing and developing roller ski skills

Special presentation – nutrition, hands-on cooking sessions. Presenter: Kavanagh Danaher

Goal setting

Break into groups and switch off with physiology talk (Training 101) and possibly strength sessions

Education on:

- basic training zones, with an emphasis on aerobic threshold (Zone 1) and a lactic sprints (adapted to stage of dev)
- iron (plus pre-camp mailing to educate parents and athletes on the importance of tracking iron levels)
- strength and conditioning (cover movement patterns) – Chris M & Strength/Conditioning Coach Kayla Dodson

Testing – heat rate test; 200m roller ski test; strength test (for athletes for 13 and up only)

2 x on Whistler Glacier if available

Whistler, BC

Coaches: Matt S, Andrea S, Chris M, Maria L, Brian M, & PCE coaches Alison Hamilton, Ted Bigalow, Tony Fiala, Patrick Williston, Fred W, Ann-Marie Gill

June 25

BCST/BCDS/ Educational Session

To be completed prior to attending further camps

- 2018 True Sport Clean online course (or equivalent)

July 2-10

CCBC Haig Glacier Camp #1

Estimated 18-20 athletes

Main focus – refining ski technique

Canmore, AB

Coaches: Chris M, Graham M, & PCE coach Jeff Williams

- July 23-31 **CCBC Haig Glacier Camp #2**
 Estimated 18-20 athletes
 Main focus – refining ski technique
 Canmore, AB
Coaches: Adam E + PCE coaches Frank A, Abbi May
- July 31-Aug 16 **Norway/International Junior Camp (BCST)**
 7 BC athletes
 Main focus – train and compete with national junior teams from other nations, learn about international travel; broaden training environment
 Oslo/Lillehammer, Norway
Coaches: Chris M, Andrea S
- Aug 21-25 **CCBC August Camp (BCST/BCDS) - CANCELLED DUE TO SMOKE**
 Estimated 30 athletes
 All athletes:
 - sanctioned roller ski race – city block sprint (Sat)
 - sanctioned roller ski race – uphill time trial; 6km & 7km (Sun)
 - Relative Energy Deficiency in Sport (RED-S): Presenters Natasha Kutlesa & Kelly Dragger- c
 Revelstoke, BC
Coaches: Chris M, Adam E, Matt S, Graham M & PCE coaches: Kip Drobish, Ann-Marie Gill
- Aug 30-Sept 2 **BC Talent Squad Fall Camp (BCTS)**
 37 athletes
 Main focus - endurance camp – running, striding, roller skiing and hiking
 Group presentation, sport psychology, with info on sleep & performance – Sport Psychologist, Dave Freeze
 Education on:
 - basic training zones, with an emphasis on lactic (longer) sprints (adapted to stage of dev); an intro to anaerobic threshold (Zone 3)
 - strength and conditioning (reinforce what was learned about movement patterns at June camp)
 100 Mile House, BC
Coaches: Matt S, Andrea S, Eric de Nys & PCE coaches.....James Bratrud, Michelle Wolfe, Cory Williamson, Mike Vukadinovic
- Sept 7-9 **Teck Regional Dryland Camp #2 (Okanagan Region)**
 Kelowna, BC
Coach: Adam E

- Sept 13-16 NCCP Comp-Dev (Dryland) Workshop
Whistler
LF: Chris M
- Sept 14-16 NCCP T2T (Dryland) Workshop
Whistler
LF: Maria L
- Sept 14-16 Teck Regional Fall Dryland Camp (Coast Region-VI)
Miracle Beach, Black Creek, BC
Coach: Andrea S
- Sept 14-16 Teck Regional Fall Dryland Camp (Northern Region)
Smithers, BC
Coaches: Eric de Nys, Lisa Perry
- Sept 15-16 BC Para Nordic Camp
Richmond, BC
Coach: Jessica Heyes
- Sept 21-23 Teck Regional Dryland Camp #1 (Okanagan Region)
Revelstoke, BC
Coaches: Matt S, Eric de Nys
- Sept 21-23 Teck Regional Fall Dryland Camp (Coast Region)
Whistler, BC
Coaches: Jake W, Maria L, Graham M, Guest: Devan Kershaw
- Sept 25-30 **CCBC Fall Camp** (BCST/BCDS)
Estimated 35 athletes
Main focus –
All athletes:
- SMBC Concussion Workshop
- strength and conditioning, Strength/Conditioning Coach, Kayla Dodson
- nutrition, hands-on cooking sessions, presenter, Kavanagh Danaher
BC Ski Team athletes only
- VO2 testing – Sport Physiologist, Stacey Hutton
Richmond/Whistler, BC
Coaches: Chris M, Maria L, Graham M, Adam E, Jake W PCE coaches....Matt Smider and Andrew Horembala
- Sept 28-30 Teck Regional Dryland Camp (Kootenay Region)
Kimberley, BC
Coach: Tim Wintoniw,

- Oct 31- **CCBC Snow Camp (BCST/BCDS/BCPNT)**
 Nov 4
 Estimated 35 athletes
 Main focus – refining ski technique
 Whistler, BC
*Coaches: Chris M, Maria L, Graham M, Adam E, Jake W
 Jessica H + Andrea S (CWG Apprentice) & PCE Coaches....Cory Williamson*
- Nov 8-10 **Petro-Canada Sport Leadership Conference**
 Ottawa, ON
Andrea S, Chris M??
- Nov 8-12 **BC Talent Squad Snow Camp (BCTS) - Monday the 12th is the holiday**
 Estimated 50 athletes
 Main focus – improving ski technique
 Special presentation by role model athlete reinforcing the theme on race planning and warm ups. Presenter TBD.
 Education on:
 - basic training zones, with an emphasis on max aerobic speed (Zone 4) and a lactic sprints (adapted to stage of dev)
 - race planning and warm ups
 - ski preparation (rotate groups)
 Vernon (backup Whistler), BC
Coaches: Matt S, Brian M & PCE Coaches....Robyn Thomas, Wendy Fiala, Jeff Williams, Rory Luxmoore, Bruce Granstrom, Lizzy van Bergeyk, Duncan Moore, Michele Wolfe
- Nov 16-18 **Teck Regional Snow Camp #1 (Okanagan Region) – b. 2000 to 2004**
 Vernon, BC
Coach: Adam E
- Nov 17 **Team BC Coaches Meeting**
Maria
- Nov 16-18 **Teck Regional Snow Camp (Coast Region)**
 Whistler, BC
Coach: Maria L
- Nov 16-18 **Technique Update for NCCP LFs**
 Vernon, BC
CCs - Chris M, Graham M, Eric DN
- Nov 23-25 **Teck Regional Snow Camp #2 (Okanagan Region) – b. 2004 to 2010**
 Vernon, BC
Coach: Matt S

Nov 23-25	NCCP CCI-T2T (On-Snow) Workshop Whistler <i>LF: Maria L</i>
Nov 23-25	CCBC Ski Preparation Workshop Whistler, BC <i>CC - Graham M</i>
Nov 29-Dec 2	CCC National PN Development Camp Canmore, AB <i>Coaches: Jessica H</i>
Nov 30-Dec 2	Teck Regional Snow Camp (Northern Region) Smithers, BC <i>Coaches: Lisa P</i>
Nov 30-Dec 2	Teck Regional Snow Camp (Kootenay Region) Invermere, BC <i>Coaches: Graham M,</i>
Dec 13-16	World Jr/U23 Championship Trials Whistler, BC <i>Coaches: Chris M, Matt S, Adam E, Andrea S (CWG Technical Team)</i>
Dec 27-30	Teck Regional Snow Camp (Coast Region-VI) Mt Washington, BC <i>Coach: Andrea S</i>
Dec 29-30	Canada Winter Games Trials Priince George, BC
Jan TBD	CCBC B-Tour (parallel to World Jr/U23 Champs Trip) TBD <i>Coaches: Chris M, TBD</i>
Feb 23 - Mar 3	Canada Winter Games Red Deer, AB <i>Coaches: Maria L, Chris M, Matt S, Adam E, Andrea S, Jessica H</i>
Mar 13-20	National Championships Gatineau, Quebec <i>Coaches: Chris M, Graham M</i>

BCST – BC Ski Team (Learning to Compete/Training to Compete)

BCDS – BC Development Squad (Training to Train)

BCTS – BC Talent Squad (Training to Train)

BC PN – BC Para-Nordic Squad

Regional Camps (Learning to Train, Training to Train)