



BC TALENT SQUAD SNOW CAMP | NOV. 18-22, 2021 VERNON, BC

Thursday Nov 18th

7:00 PM	Arrive/check in between 5pm-7pm, Pinnacles Suites, 9885 Pinnacles Rd, Silver Star
7:15 PM	Coaches meeting (Room 26)
8:00 PM	BCTS team meeting (Location TBD)

Friday Nov 19th

7:00 AM	Morning jog, breakfast and clean up (<i>all athletes & coaches provide their own breakfasts</i>)
8:30 AM	Depart for Sovereign Lake
8:45 AM	Skate ski with technique (120 min)
12:00 PM	Lunch at Long Johns
1:00-2:30 PM	<u>Quiet time</u>
2:45 PM	Departure for Sovereign Lake
3:00 PM	Skate ski (90 min)
6:00 PM	Dinner at Long Johns
6:30 PM	Coaches meeting
7:00 PM	Team meeting (Location TBD)
7:30 PM	Ski Prep Workshop – Graham Maclean
9:30 PM	Lights out!

Saturday Nov 20th

7:00 AM	Morning jog, breakfast and clean up (<i>all athletes & coaches provide their own breakfasts</i>)
8:30 AM	Depart for Sovereign Lake
8:45 AM	Classic ski with technique (120 min)
12:00 PM	Lunch at Long Johns
1:00-2:30 PM	<u>Quiet time</u>
2:45 PM	Departure for Sovereign Lake
3:00 PM	Classic ski (90min)
6:00 PM	Dinner at Long Johns
6:30 PM	Coaches meeting
7:00 PM	Team meeting (Location TBD)
7:30 PM	Athlete presentation.... TBC
9:30 PM	Lights out!

Sunday Nov 21st

7:00 AM	Morning jog, breakfast and clean up (<i>all athletes & coaches provide their own breakfasts</i>)
8:30 AM	Depart for Sovereign Lake
8:45 AM	Time Trial, classic interval start (120 min)
12:00 PM	Lunch at Long Johns
1:00-2:30 PM	<u>Quiet time</u>
2:45 PM	Departure for Sovereign Lake
4:20 PM	Easy skate ski (60min)
6:00 PM	Dinner at Long Johns
6:30 PM	Coaches meeting
7:00 PM	Team meeting (Location TBD)
7:30 PM	Fun night, TBC
9:30 PM	Lights out!

Monday Nov 22nd

7:00 AM	Morning jog, breakfast and clean up (<i>all athletes & coaches provide their own breakfasts</i>)
8:00 AM	Depart for Sovereign Lake
8:15 AM	Long classic ski (120 min)
11:00 AM	Lunch at Long Johns
12:00 PM	Camp ends