



CCBC SNOW CAMP (BCST/BCDS) | NOV. 16-20, 2022 | VERNON, BC

*****SUBJECT TO CHANGE*****

Wednesday Nov 16th

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|--------------|-----------------------------------------------|
| 6:00-7:00 PM | Arrive for check-in, BCST/BCDS at Vance Creek |
| 8:00 PM | Team Meeting High-performance Auditorium |

Thursday, Nov 17th

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|--------------|----------------------------------------------|
| | Breakfast - athletes' responsibility* |
| 8:30 AM | Departure Vance Creek to Sovereign Lake |
| 8:45 AM | Skate: AnT Intensity and technique (150 min) |
| 12:45 PM | Lunch – BCDS/BCST Long Johns |
| 1:30-3:00 PM | <u>Quiet time</u> |
| 4:00 PM | Departure Vance Creek to Sovereign Lake |
| 4:15 PM | Classic ski (60-90) – Headlamps needed |
| 6:45 PM | Dinner BCDS/BCST Long Johns |
| 8:00 PM | TM - High-performance Auditorium (NATC) |

Friday Nov 18th

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|--------------|-------------------------------------------|
| | Breakfast - athletes' responsibility* |
| 8:30 AM | Departure Vance Creek to Sovereign Lake |
| 8:45 AM | Classic distance with technique (150 min) |
| 12:45 PM | Lunch BCDS/BCST Long Johns |
| 1:30-3:00 PM | <u>Quiet time</u> |
| 3:15 PM | Departure Vance Creek to Sovereign Lake |
| 3:30 PM | Skate ski (60-90) Headlamps needed |
| 5:45 PM | Dinner BCDS/BCST Long Johns |
| 6:30 PM | Presentation: Effective Fueling – Females |
| 7:30 PM | Presentation: Effective Fueling - Males |

Saturday Nov 19th

	Breakfast - athletes' responsibility*
8:30 AM	Departure Vance Creek to Sovereign Lake
8:45 AM	Skate Distance with sprints
12:45 PM	Lunch BCDS/BCST Bull Dog
1:30-3:00 PM	<u>Quiet time</u>
4:00 PM	Departure Vance Creek to Sovereign lake
4:15 PM	Technique TBD (60-90) Headlamps needed
6:45 PM	Dinner BCDS/BCST Long Johns
8:00 PM	High-performance Auditorium (NATC)

Sunday Nov 20th

	Breakfast - athletes' responsibility*
8:00 AM	Departure Vance Creek to Sovereign Lake
9:00 AM	Time trial start (technique 10kmClassic) T-Bay, NC.
11:30 AM	Lunch BCDS/BCST (packed lunch to pick up)
12:00pm	*** <i>Depart camp</i>