

## 2021-22 CCBC Master HP Program Schedule - FINAL

Feb 07, 2022

### Targeted clubs in 2021 – for mentoring coaches/parents:

- Build the North – Ft St John, Mackenzie, Quesnel, Williams Lake, Vanderhoof, Houston, Terrace – Graeme Moore
- Fernie, Nelson and New Denver, Smithers – Graham Maclean
- Pemberton, Squamish, Whistler – Maria Lundgren

May 1 Send information package on iron deficiency to BCST, BCDS and BCTS. Athletes attending Haig camps required to have test results back by the end of May to allow time to correct any problems. **POSTPONED DUE TO COVID-19**

May 17 BCST & BCDS – Start-up Meetings & Educational Sessions  
Virtual meeting on Zoom

May TBD BCTS – Start-up Meeting & Educational Session. **NOT DONE**  
Virtual meeting on Zoom

- Physiology talk (Training 101) – Andrea S. Education on:

- ✓ basic training zones, with an emphasis on aerobic threshold (Zone 1) and alactic sprints (adapted to stage of dev). Circulate article on training zones from L2T RM
- ✓ iron (plus pre-camp mailing to educate parents and athletes on the importance of tracking iron levels) /heart rate test

*CCBC Coaches: Matt & Andrea*

May 8-9 Teck Regional Spring Snow Camp (Coast Region-VI)  
Mt Washington  
*CCBC coach: Andrea Stapff*

May 15 Information packages on strength training programs for U20 and U18 athletes sent to club head coaches and BCST/BCDS athletes  
Produced by CSI-P specifically for cross country skiing  
New packages sent out at start of each training block

May 31 Deadline for Serum Ferritin test results (BCST/BCDS)  
**POSTPONED DUE TO COVID-19**

June 3-6 NCCP Comp-Dev (Dryland) Workshop  
Whistler  
*LF: Chris M*

- June 4-6 NCCP T2T (Dryland) Workshop  
Whistler  
LF: Maria L
- June 7 BCST/BCDS Educational Session  
Virtual meeting on Zoom  
Presenter: Kikkan Randall – Part 1
- June 11 Poll both current and incoming teams as to what they perceive to be their needs re Nutrition (Sport Dietician, Genevieve Masson)  
47 athletes completed information forms for dietician  
Dietician and coaches identified 17 'at risk' athletes  
Dietician followed up with these 17 athletes; 14 responded
- June 11 Introduction to mental performance for 2020-21  
Athletes complete questionnaire  
All athletes have access to short sport-specific videos targeting vulnerable areas  
2 private talks with BCST and 1 with BCDS - required minimum  
Consultation available for at risk athletes  
Sport Psychologist, Dave Freeze. He will continue to improve videos
- June 11 Annual athlete information sheet and goal setting in preparation for first camps  
BCST, BCDS, BCTS
- June 14 BCST/BCDS Educational Session  
Virtual meeting on Zoom  
Presenter: Kikkan Randall – Part 2
- June 17- 20 **BC Talent Squad Summer Camp (BCTS) MOVED FROM LATE MAY DUE TO COVID**  
Thurs-Sun 54 athletes  
Main focus – developing roller ski skills  
Catered meals due to pandemic  
Testing – 200m + 2km roller ski tests; run/jump/pull test  
Whistler, BC  
CCBC coaches: *Matt S, Andrea S, Graham M, Chris M, Maria L*  
PCE coaches: *Damian Pighin, Simon Lamarche, Helene Fleury, Amelie Cloutier, Jessica Roach and Brad Calkins and Paul Denchuck*
- June 27 BCST/BCDS/ Educational Session  
To be completed prior to attending further camps  
- 2020 True Sport Clean online course

Start at 4:00pm on the Wednesday

June 30-July 4 **CCBC May Testing Camp** (BCST/BCDS)

**MOVED FROM MID-MAY DUE TO COVID-19**

Wed-Sun

41 athletes

Main focus – technique and some season start up testing

All athletes:

- strength testing, field testing
- incremental threshold testing: Sport Physiologist, Stacey Hutton (BCST & BCDS)
- functional movement screening (physio assessments): Physiotherapist, Ross McKinnon
- Sport Dietician, Genevieve Masson. Explain how this program works. Spend some time becoming familiar with athletes.

Whistler, BC

*CCBC coaches: Chris M, Adam E; Eric DN, Maria L, Graham M*

*PCE coaches: Robyn Thomas, Bev Rooke, Nicole Perrin*

July 16-18

**BC Para-Nordic Camp (BCPNT)**

Whistler, BC

*National PN Team Coaches: Graham Nishikawa, Robin McKeever*

July 26-Aug 3

**CCBC Haig Glacier Camp #1** (BCDS)

Mon-Tues

21 athletes

Main focus – refining ski technique

Canmore, AB

*CCBC coach: Eric DN & PCE coaches: Nicole Perrin, Patrick Williston*

Aug 9-17

**CCBC Haig Glacier Camp #2** (BCST)

Mon-Tues

21 athletes

Main focus – refining ski technique

Canmore, AB

*CCBC coaches: Chris, Adam & PCE coach: Nikki Gilmore*

Aug 27-29

**NCCP Coach Developer training for L2T LFs/Evaluators**

Williams Lake

*MLFs – Maria L and Georgia M*

Aug 18-22

**CCBC Revelstoke Camp – moved to Whistler** (BCDS only)

Tues-Sat

10 athletes

~~Revelstoke, BC~~

*CCBC coaches: Matt S, Chris M, Maria L & PCE coach: Robyn Thomas*

\*Aug 9-21 National PN Team Camp  
Mt Washington, BC  
*BC athletes: Leo S, Andy L & Ethan H, Emily Young, Natalie Wilkie*  
*Coach: Graham Nishikawa and Robin McKeever*

Sept 2-5 **BC Talent Squad Fall Camp (BCTS)**  
Thurs-Sun 51 athletes  
- Main focus - endurance camp – running, striding, roller skiing and hiking  
- Find better roller ski locations  
100 Mile House, BC  
*CCBC coaches: Matt S, Andrea S, Maria L*  
*PCE coaches: Davide Loro, Ted Lawson, Ann-Marie Gill, Paul Shipley, Andrew Brisbin, Helen Clugston, Simon Lemarche*

Sept 10-12 NCCP T2T (Dryland) Workshop  
Whistler  
*LF: Maria L*

Sept 11-12 Teck Regional Dryland Camp (Okanagan Region)  
Kelowna, BC  
*CCBC coach: Adam E*

Sept 15-19 **CCBC Penticton Camp (BCST)**  
Tues-Sun 16 athletes  
Penticton  
Focus - roller ski technique and roller ski races  
Minimum testing  
*CCBC coaches: Chris M, Adam E & PCE coach: Jessica Roach*

Sept 16-23 BC Para-Nordic Camp (BCPNT)  
Tofino, BC  
3 days in conjunction with SNSC Racing Team Camp  
*Coach: Jessica Heyes*

Sept 17-19 Teck Regional Fall Dryland Camp (Northern Region)  
Prince George, BC  
*CCBC coach: Graham M*

Sept 24-26 Teck Regional Fall Dryland Camp (Coast Region)  
Whistler, BC  
*Head coach: Jake W,*

Sept 25-26	<p>Teck Regional Fall Dryland Camp (Coast Region-VI) Mt Washington, BC. 49 athletes <i>CCBC coach: Andrea S</i></p>
Oct 1-3	<p>Teck Regional Dryland Camp (Kootenay Region) Kimberley, BC. 90 athletes <i>CCBC coach: Graham M</i></p>
Oct 13-17 Wed-Sun	<p><b>CCBC Fall Testing Camp</b> (BCST/BCDS) 37 athletes Incremental treadmill testing &amp; V02 testing, Sport Physiologist, Stacey Hutton (BCST only) All athletes: replace double pole testing with chip testing (mostly BCDS) Strength testing (mostly BCDS) Richmond/Whistler, BC <i>CCBC coaches: Chris M, Maria L, Adam E, PCE coaches: Zach H, Robyn T, Simon P</i></p>
Nov 5-7	<p>NCCP Coach Developer training for Community Coaching context <i>Kamloops</i> <i>MLFs – Maria L and Georgia M</i></p>
Nov 11-15 Wed-Mon	<p><b>CCBC Snow Camp</b> (BCST/BCDS) 41 athletes Main focus – refining ski technique Vernon (backup site, Whistler), BC <i>Coaches: Chris M, Adam E &amp; PCE Coaches: Robyn Thomas, John Shaw, Simon Pulfrey, Jessica Roach, Zach Hill and Frank Ackermann</i></p>
Nov 12-14	<p>NCCP CCI-T2T (On-Snow) Workshop #1 Whistler <i>LF: Maria L</i></p>
Nov 18-22 Thurs-Mon	<p><b>BC Talent Squad Snow Camp</b> (BCTS) 66 athletes</p> <ul style="list-style-type: none"> <li>- Main focus – improving ski technique</li> <li>- Education on: <ul style="list-style-type: none"> <li>✓ basic training zones, with an emphasis on max aerobic speed (Zone 4) and alactic sprints (adapted to stage of dev)</li> <li>✓ race planning and warm ups; circulate article from T2T OS RM</li> <li>✓ ski preparation (rotate groups). Presenters: TBD</li> </ul> </li> </ul> <p>Vernon, BC</p>

*CCBC coaches: Andrea S, Graham M, Maria L & PCE coaches: Ted Lawson, Damian Pighin, Chris Halderson, Greg Ingster, Helen Clugston, Megan Sheffer, Ann-Marie Gill, Helene Fleury, Ron Wallace*

- Nov 18-21 NCCP L2C (On Snow) Workshop  
Whistler, BC  
*LF: Chris M*
- Nov 26-28 Teck Regional Snow Camp (Coast Region)  
Whistler, BC. 47 athletes  
*CCBC coach: Maria L*
- Nov 26-28 CCBC Ski Preparation Workshop - Kootenays  
Invermere, BC  
*CC - Graham M*
- Nov 26-28 Teck Regional Snow Camp (Okanagan Region)  
Vernon, BC. 80 athletes  
*CCBC coach: Adam E*
- Nov 19-22 National PN Next Gen/Development Camp  
Canmore, AB  
*BC athletes: Leo S, Andy L & Ethan H*
- Nov 26-28 Teck Regional Snow Camp (Kootenay Region)  
Invermere, BC.  
*CCBC coach: Andrea S*
- Dec 4-12 World PN Skiing World Cup/PWG Qualifier  
Canmore, AB  
*CCBC coach: Jessica Heyes*
- Dec 10-12 Teck Regional Snow Camp (Northern Region)  
Smithers, BC. 53 athletes  
*CCBC coach: Graeme Moore*
- Dec 11-13 NCCP CCI-T2T (On-Snow) Workshop #2  
Whistler  
*LF: Maria L*
- Dec 28-30 Teck Regional Snow Camp (Coast Region-VI)  
Mt Washington, BC. 63 athletes  
*CCBC coach: Andrea S*

- Jan 6-9            World Jr/U23 Champ Trials  
Canmore, AB  
*CCBC coaches: Chris M, Graham M*
- Jan 26-Feb 7    CCBC B-Tour (BCST)  
US Super Tour  
Lake Placid, New York; Craftsbury, Vermont, USA  
*CCBC coach: Chris M, PCE coaches: Frank A, Jessica R*
- Feb 4-6            NCCP T2T (On Snow) Workshop #3  
Kimberley  
*LF: Maria L*
- Mar 20-27        National Championships  
Whistler, BC  
*CCBC coaches: Chris M, Graham M*

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)