



BC TALENT SQUAD SNOW CAMP | NOV. 17-20, 2022 VERNON, BC

****SUBJECT TO CHANGE****

Thursday Nov 17th

7:00 PM	Arrive/check in between 5pm-7pm, Pinnacles Suites, 9885 Pinnacles Rd, Silver Star
7:00 PM	Coaches meeting, TBC (townhome #26)
8:00 PM	BCTS team meeting, High Performance Auditorium

Friday Nov 18th

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)
11:45 AM	Lunch at Long Johns – Group 1
12:15 PM	Lunch at Long Johns – Group 2
1:00-2:30 PM	Waxing clinic – (groups to be posted)
2:45 PM	Departure for Sovereign Lake
3:00 PM	Classic ski (90 min)
6:15 PM	Dinner at Long Johns – Group 1
6:45 PM	Dinner at Long Johns – Group 1
6:30 PM	Coaches meeting
7:30 PM	Team meeting (Location TBD)
8:00 PM	Games night
9:30 PM	Lights out!

Saturday 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	Classic Time Trial (120 min)
11:45 AM	Lunch at Long Johns – Group 1
12:15 PM	Lunch at Long Johns – Group 2
1:00pm-1:45pm	Presentation: Effective Fueling – female athletes
1:45pm-2:30pm	Presentation: Effective Fueling – male athletes
2:45 PM	Departure for Sovereign Lake
3:00 PM	Skate ski (90min)
5:45 PM	Dinner at Long Johns – Group 1
6:15 PM	Dinner at Long Johns – Group 2
6:30 PM	<i>Coaches meeting</i>
7:00 PM	Team meeting (Location TBD)
7:30 PM	Talent Show
9:30 PM	Lights out!

Sunday Nov 20th

7:00 AM	Breakfast and clean up (<i>all athletes & coaches provide their own breakfasts</i>)
8:00 AM	Depart for Sovereign Lake
8:15 AM	Classic distance (120 min)
11:00 AM	Lunch at Long Johns (packed lunch to go)
12:00 PM	Camp ends