**BV Nordic Teck Regional Snow Camp Agenda (For participants)**

**November 28-30**

**Friday Evening**
Arrive at Camp
18:00  Registration and set up:
19:00  Welcome and introduction
19:30  Group night ski
20:15  Camp information session; snacks
20:45  Stretching, Core & relaxation
22:00  Lights

**Saturday**

7:00  **Activation run**
7:30  Chores; breakfast; clean up from breakfast;
8:45  Core circuit/ stretching
9:30  Get ready for Ski Session 1
9:45  On snow for group warm up
10:00-10:45  **Ski session 1**
10:45-11:00  Snack & drink
11:00  Get ready for Ski Session 2
11:05-11:55  **Ski Session 2**
12:00  short/ fun all group fun activity (relay)
12:15-1:15  Lunch/rest
1:15-2:00  **Ski Session 3**
2:15-3:15  all group activity
3:30-4:10  Arrive back at camp; drink and snack break; rest period
4:30  Special activity
6:30  Dinner  Chores: clean up from dinner
7:30  stretching/nutrition/dehydration talk / Race strategy session (pre-race and post-race); athletes develop their own pre and post race routines for the next day; organize into relay teams for Sunday
8:15  Free time/ talent show/ terrain park/ jump building/prep for bed
21:30  Lights out

**Sunday**

7:00  Activation run
7:30  Chores; breakfast; clean up from breakfast
9:00  **Ski Session 4** Skating technique session (zone 1) with on-site video replay; drink and snacks
10:00  Organize into groups; Sprint races
11:00  Mock races/ Team relays practice pre and post race routines; recognition/focus on good technique and effective relay exchanges
12:15  Lunch; clean up after lunch; pack; clean up
1:00  Camp evaluations & Departure