

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