

# Nordic Skill Development Program 2015-2016 Calendar Final

**1** Dryland Begins (JR/SR)  
**3** Coaches' Meeting  
**3-6** BCTS Dryland 100 mi  
**15** Bottle Drive  
**16-20** BCDS Fall Dryland @ Revelstoke  
**19** Workbee at Lodge  
**26** NSDP Fall Hike

SEPTEMBER 2015						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER 2015						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**2-4** XC Dryland Camp (TA-SR) in PG  
**3** Biathlon Work Bee  
**7** Ski Testing (TA-SR)  
**14** McBike Night  
**16-18** L2T-Dryland  
**17** Biathlon Fall Camp  
**23** Ski swap/ Mini AGM  
**30/31** ICC in Smithers  
**31** Biathlon begins

**5** Coach Session #1  
**7** Dryland Begins (TA/ER)  
**12** Coach Session #2  
**13-17** BCTS/BCDS Snow Camp @ Whistler  
**14** Snowflake Social  
**20-22** CC in Smithers  
**20-22** L2T Dryland @ PG  
**21-22** BL On Snow Camp  
**27-29** XC On Snow Camp

NOVEMBER 2015						
S	M	T	W	Th	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER 2015						
S	M	T	W	Th	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**4-6** L2T On Snow Smithers  
**5-6** XC Noram Canmore  
**10** Coach Session #3  
**12-13** XC Noram Vernon  
**18-20** Waxing clinic in PG  
**19** Ski with Santa

**2** Winter Games Trials- BL  
**3** Winter Games Trials:XC Teck Cup #1 Smithers  
**6** Coach Session #4  
**6** First Day of Masters Ski  
**9** First Day of Rabbits  
**9-10** BL BC Cup #1 Vndrhoof  
**9-10** XC BC Cup #1 Vernon  
**17** Tour De Soup/Buchfink  
**23-24** BL BC Cup #2 PG  
**23-24** XC Midgets  
**24** Women's Ski Clinic  
**31** Teck Cup # 2 Burns Lk

JANUARY 2016						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY 2016						
S	M	T	W	Th	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

**4** Racing Rocks  
**6-7** XC BC Cup #2 Kamloops  
**11** Rabbit Night Ski  
**11** Racing Rocks backup  
**12** Dessert Night  
**13/14** BL BC Cup #3 Callaghan  
**14** Chris Dahlie Race  
**19-21** Teck Cup #3 and #4 in PG  
**19-21** XC Westerns in PG  
**25-28** Winter Games Penticton  
**27** Teck Cup #5 in Vdrhoof

**3-6** XC BC Champs Callaghan  
**5** Rabbit Fun Day  
**11** Marathon Dinner  
**12** Wetzinkwa Marathon  
**19-26** XC Nationals Whitehorse

MARCH 2016						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL 2016						
S	M	T	W	Th	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**2, 9, 16** Spring Into Biathlon  
**Legend:**

Skill Development Program
Local Race
Out of Town Race
Local Skill Development Camp
Out of Town Skill Devt Camp
Club and Volunteer Events
Workbees
Coach/Wax/Officials Training

**Dryland Practices**

	Mon	Tues	Wed	Thurs	Sat
RB					
ER					
TA					10-12
JR					10-12
SR		3:30-5:00		3:00-4:30	10-12
MR					
BL					
MB					

**NB.** All JR/SR are welcome to run with SSS from 3:15-4:30, MWF until Nov. 7.

**On Snow Practices**

	Tues	Wed	Thurs	Fri	Sat
RB					1:00-3:00
ER			3:30-5:00		1:00-3:00
TA	6:00-7:30		3:30-5:00		10:30-12:00
JR	6:00-7:30	4:00-5:30	3:30-5:00		10:00-12:00
SR	4:00-5:30	4:00-5:30	3:30-5:30		10:00-12:00
MD		7:00-8:30			
MR		TBD			
BL					1:00-3:00
BLM					?10-12

Abbreviations:

RB	Rabbits	JR	Junior Development	MR	Masters Race	BCST	BC Cross Country Ski Team
ER	Extended Rabbits	SR	Senior Race	BL	Biathlon	BCTS	BC Cross Country Talent Squad