



BCDS Camp 2022

Spring Camp, Whistler, May 18th -May 23rd

Wednesday May 18th

- 7:15 PM Coaches meeting (location UPSTAIRS in HPC)
8:00 PM Team Meeting in HUB room upstairs in HPC

Thursday May 19th

- 6:30-7:15 *Breakfast*
7:30 AM Depart for skiing
8:00 AM Skiing, technique skate or classic TBC, 1.5 hour easy ski
12:00 PM *Lunch*
1:00-2:00 Nap/quiet time
2:00 pm Depart for Callaghan valley. 2000m Double Pole and Critical speed testing
3:00 pm 2000-meter DP race start
Critical speed test – Legs only, DP, Full body 1 km uphill testing
6:00 PM *Dinner*
7:30 PM Team Meeting HUB

Friday May 20th

Treadmill testing – Athlete names and times will be posted at the lodge

- 6:30-7:15 *Breakfast*
7:30 AM Depart WAC for classic or skate skiing (2:00hr)
12:00 PM *Lunch*
1:00-2:00 Nap/quiet time
4:00 PM Afternoon run
6:00 PM *Dinner*
7:30 PM Team Meeting HUB

Saturday May 21st

Treadmill testing – Please see attached list for athlete names and times

6:30-7:15	<i>Breakfast</i>
7:30 AM	Depart WAC for Classic Ski (2:30hr)
12:00 PM	<i>Lunch</i>
1:00-2:00	Nap/quiet time
4:00 PM	Activity TBD
6:00 PM	<i>Dinner</i>
7:30 PM	Team Meeting HUB

SUNDAY May 22nd

6:30-7:15	<i>Breakfast</i>
8:15 AM	Strength testing – HPC Gym (check corkboard for your group and time to be at gym)
12:00 PM	<i>Lunch</i>
3:00 PM	Distance run (2 hours)
6:00 PM	<i>Dinner</i>
7:30 PM	Team Meeting HUB

MONDAY May 23rd

6:30-7:15	<i>Breakfast</i>
7:45AM	Depart WAC for skiing, technique TBC
11:00 AM	<i>Lunch</i> , Pack up, and hit the road