



BC Talent Squad Camp Whistler, May 31st - June 3rd, 2018

THURSDAY MAY 31st

7:00 PM All Athletes and Coaches on site
7:15 PM Coaches meeting (upstairs in HPC)
8:00 PM Team Meeting HPC HUB
8:45 PM Kitchen orientation
9:30 PM Athletes in their own rooms
10:00 PM Lights out

FRIDAY JUNE 1st

6:45 AM Wake up
7:00 AM – 7:30AM *** Breakfast ***
8:00 AM Depart Callaghan valley - skate rollerski (2:00hr)
8:30 AM Start workout Whistler Olympic Park (WOP)
(ski groups posted in entrance of Accommodation on board)
11:45-12:45PM *** Lunch ***
1:00 – 5:00 PM Nutrition hands on/classroom/functional mobility/strength
(groups posted on board)
6:00 PM *** Dinner ***
7:30 PM Team Meeting HPC HUB – Physiology review
9:30 PM Athletes in their own rooms
10:00 PM Lights out

SATURDAY JUNE 2nd

6:45 AM Wake up
7:00 AM – 7:30AM *** Breakfast ***
8:00 AM Depart WOP double pole focus with skate skis 2005 YOB
Classic skis for 2003 - 2004(YOB) sprints and 200m dp test (1:30hr)
8:30 AM Start workout Whistler Olympic Park (WOP)
11:45-12:45 *** Lunch ***
1:00-2:00PM Nap/quiet time and homework time
2:30 PM Departure for SCAVENGER HUNT (1:30hr)
5:30 PM *** Dinner ***
6:30 PM Team meeting
6:45 PM Departure for town visit (return at 8:00pm)
9:30 PM Athletes in their own rooms
10:00 PM Lights out

SUNDAY JUNE 3rd

6:45 AM Wake up

7:00 AM – 7:30AM *** Breakfast ***

8:00 AM Departure for run/hike

8:30 AM Adventure run/hike (1:30-2:00)

*** Lunch ***

11:00AM - 12:00 PM Packed up to hit the road