



Ski NB Sunday River Camp Plan 2024

November 26th – December 1st

*Details to be confirmed based on athlete numbers and coaches' judgement. Any questions please contact Lauren Price at laurenprice2002@gmail.com

Register by September 30 at <https://go.teamsnap.com/forms/443990>

Daily Schedule:

Day 1: November 26th

Arrival: Settle into accommodations

- Unpack
- Get to know your teammates and chaperone

5:00-6:00pm: Dinner

6:30pm: Group meeting

- Staff and camp introduction
- Equipment check
- Group assignments
- Review camp expectations and behaviour

Evening: Prepare for next day

- Organize gear for dryland warm up and on snow training
- Tune if needed

Day 2-6: November 27th – December 1st

7:00am: Wake up and prepare for day

- Grab a quick bite to eat and drink before warm up

7:30am: Group warm up lead by coaching staff and older athletes

8:00am: Breakfast

9:00am: On snow

- Can get ready either at the condo or lodge, plan time accordingly

9:00am-3:00pm: Training

- 1 hour for lunch (time based on coaches' judgement)
- Times may change, dependant on athletes' and coaches' judgement

3:00pm: Return to accommodations

- Dryland cooldown upon arrival lead by coaches and older athletes

5:00-6:00pm: Dinner

6:30pm: Group meeting

- Debrief
- Watch video

Evening: Prepare for next day

- Organize gear for dryland warm up and on snow training
- Tune if needed

9:00pm: Prepare for bed

9:30pm: Quiet

*After training on day 6, pack up and return home

On Snow Training Focuses:

Day 2: November 27th

- Slalom
- Technical free skiing
- Drills (TBD by coach)
- Skills: Balance, outside ski

Day 3: November 28th

- Slalom
- Technical free skiing
- Drills (TBD by coach)
- Skills: Balance, outside ski

Day 4: November 29th

- Slalom
- Technical free skiing
- Drill course
 - Run and time TBD
- Drills (TBD by coach)
- Skills: Balance, outside ski, looking ahead

Day 5: November 30th

- GS
- Technical free skiing
- Drills (TBD by coach)
- Skills: Balance, outside ski, separation

Day 6: December 1st

- GS
- Technical free skiing
- Drill course
 - o Run and time TBD
- Skills: Balance, outside ski, separation

What to bring:

- Slalom gear (skis, poles, helmet, shin guards, chin bar)
- GS gear (skis, poles, helmet, back guard)
- Boots
- Downhill suit (if you have one)
- Snow pants / jacket (+layers!!)
- Gloves / mittens (+extra)
- Dryland attire (sneakers, warm athletic clothes you can move around in)
- Tuning Equipment (if you have)
- School supplies / homework
- Training journal
- A smile 😊