

## 2022-23 CCBC Master High Performance Program Schedule

Oct 17, 2022

### Targeted clubs in 2021 – for mentoring coaches/parents:

Build the North – Graeme Moore

Priorities: Quesnel; Vanderhoof; Ft St John

### Plan for Sport Dietician & Sport Psychologist

Sport Dietician (Kourtney Gordon replacing Genevieve Masson)

Poll both current and incoming teams as to what they perceive to be their needs re nutrition

Athletes complete information forms for dietician

Dietician and coaches identify which athletes are 'at risk'

The above to be completed prior to the May camp

Dietician to follow up with these athletes

Develop short sport-specific videos targeting vulnerable areas (on hold until Genevieve returns)

Consultation available for at risk athletes

Sport Psychologist, TBD & Dave Freeze

Introduction to mental performance for 2022-23

Athletes complete questionnaire

All athletes have access to short sport-specific videos targeting vulnerable areas

2 private talks with BCST and 1 with BCDS - required minimum

Further consultation available for at risk athletes

Dave Freeze will continue to improve videos

Apr 22-24      NCCP T2T (Dryland) Workshop #1  
Whistler  
LF: Maria L

May 2              Send information package on iron deficiency to BCST, BCDS and BCTS  
Athletes attending Haig camps required to have test results back by the end of  
May to allow time to correct any problems.

May TBD          BCST & BCDS – Start-up Meetings & Educational Sessions  
Virtual meeting on Zoom  
- Introduce Dave Freeze/his role to the athletes here if he is not available in person  
for May Camp

May TBD          BCTS – Start-up Meeting & Educational Session  
Virtual meeting on Zoom  
CCBC Coaches: 2 new TS Head Coaches, Andrea S, Chris M, Maria L

May TBD	Annual athlete information sheet and goal setting in preparation for first camps BCST, BCDS, BCTS Notify TS camp participants that they must do their 3000 metre test pre camp
May 6-8	Teck Regional Spring Camp (Coast Region-VI) Mt Washington, BC <i>CCBC coach: Andrea Stapff</i>
May TBD	Information packages on strength training programs for U20 and U18 athletes sent to club head coaches and BCST/BCDS athletes <ul style="list-style-type: none"> <li>- Produced by CSI-P specifically for cross country skiing</li> <li>- New packages sent out at start of each training block</li> </ul>
May 18-23 Wed 8:00 PM- Mon noon	<b>CCBC May Testing Camp</b> (BCST/BCDS) 40 athletes Main focus – technique and some season start up testing Catered meals All athletes: <ul style="list-style-type: none"> <li>- strength testing, field testing</li> <li>- incremental threshold testing: Sport Physiologist, Stacey Hutton (BCST &amp; BCDS)</li> <li>- functional movement screening (physio assessments): Physiotherapist, Ross McKinnon (BCST &amp; BCDS)</li> <li>- Sport Dietician, Kourtney Gordon. Explain how this program works. Spend some time becoming familiar with athletes.</li> <li>- Annual athlete information sheet and goal setting</li> </ul> Whistler, BC <i>CCBC coaches: Chris M, <del>Adam E</del>; Maria L, Graham M, Zach H</i> <i>PCE coaches: Amelie Cloutier, Robyn Thomas, Simon Pulfrey</i>
May TBD	Deadline for Serrum Ferritin test results (BCST/BCDS)
June 2-5 Thurs-Sun	<b>BC Talent Squad Summer Camp</b> (BCTS) 64 athletes Main focus – developing roller ski skills Physiology talk (Training 101) – Andrea S. <ul style="list-style-type: none"> <li>- Education on basic training zones, with an emphasis on aerobic threshold (Zone 1) and alactic sprints (adapted to stage of dev). Circulate article on training zones from L2T RM</li> <li>- Iron (plus pre-camp mailing to educate parents and athletes on the importance of tracking iron levels) /heart rate test</li> </ul> Nutritionist presentation: Kourtney Gordon Goal setting- athletes receive very basic goals sheet prior to the camp and bring it with them to the camp

Catered meals

Testing – 200m + 2km roller ski tests; run/jump/pull test

Whistler, BC

*CCBC coaches: Andrew B, Andrea S, Chris M, Maria L*

*PCE coaches: Kris Heale, Jenna Sim, Helene Fleury, Stephen Wickham, Jeff Orchard, Tuppy Hoehne, Megan Brooke*

June 9-12 NCCP Comp-Dev (Dryland) Workshop

Whistler

*LF: Chris M*

June 10-12 NCCP T2T (Dryland) Workshop #2

Whistler

*LF: Maria L*

June 20 BCST/BCDS/ Educational Session  
- 2023 True Sport Clean online course

June 27-July 5 **CCBC Haig Glacier Camp #1** (BCST)  
24 athletes  
Main focus – refining ski technique  
Canmore, AB  
*CCBC coaches: Chris M, Zach H & PCE coach:*

July 4-12 **CCBC Haig Glacier Camp #2** (BCDS)  
21 athletes  
Main focus – refining ski technique  
Canmore, AB  
*CCBC coaches: Adam, & PCE coaches: Damian Pighan, Simon Pulfrey*

July 19-24 NC Prospects Team Camp  
Revelstoke  
*NC Coach: Matt Smider*

July 22-27 BC Para-Nordic Team Dryland Camp  
5 athletes  
Whistler  
*CCBC Coach: Jessica Heyes*

Aug 24-28 **CCBC Revelstoke Camp** (BCDS)  
Wed-Sun 21+ BC athletes  
Revelstoke, BC  
*CCBC coaches: Adam E, Zach H*  
*PCE Coaches: Robyn Thomas, John Shaw*

Aug 31-Sept 3 Wed-Sat	<b>BC Talent Squad Fall Camp (BCTS)</b> 52 athletes Main focus - endurance camp – running, striding, roller skiing and hiking Whistler, BC <i>CCBC coaches: Jenna S, Andrew B, Andrea S, Maria L</i> <i>PCE coaches: Beverley Rooke, Tuppy Hoehn, Doris Hausletter, Kim Johnstone</i>
Sept 14	Jr team from Sweden arrives Wed 4:00pm
Sept 14-19 Wed-Mon	<b>CCBC Fall Dryland Camp (BCST)</b> 24 BCST athletes; identified BCDS athletes Visiting teams – Sweden, Alberta Ski Team, National Development Team Roller ski treadmill testing – BCST only CWG Sport Psychologist: Shelbi Snodgrass Whistler, BC <i>CCBC coaches: Chris M, Maria L, Zach H, Adam E &amp; PCE coach: Amelie C</i>
Sept 25	Jr Team from Sweden departs Sun 7:00pm
Sept 23-25	Teck Regional Fall Dryland Camp (Coast Region) Whistler, BC <i>Coach: Jake W,</i>
Sept 24-25	Teck Regional Fall Dryland Camp (Coast Region-VI) Mt Washington, BC <i>CCBC coach: Andrea S</i>
Sept 24-25	Teck Regional Fall Dryland Camp #1 (Okanagan Region) Kelowna, BC <i>CCBC coach: Adam E</i>
Sept 30-Oct 2	Teck Regional Fall Dryland Camp (Northern Region) Prince George, BC <i>CCBC coach: Graham M</i>
Sept 30-Oct 2	<b>NCCP T2T (Dryland) Workshop #3</b> Whistler <i>LF: Maria L</i>
Sept 30-Oct 2	Teck Regional Dryland Camp (Kootenay Region) Kimberley, BC <i>CCBC coach: n/a</i>
Oct 5	<b>NCCP Coach Developer Update - Community Coaching context (Zoom)</b> <i>MLFs: Georgia M, Maria L</i>

Oct 15	NCCP Coach Developer Update – CCI (L2T) context (Zoom) <i>MLFs: Georgia M, Maria L</i>
Nov 11-13	CCBC Ski Preparation Workshop Vernon, BC <i>CC - Graham M</i>
Nov 11-13	NCCP L2C (On Snow) Workshop Vernon, BC <i>LF: Chris M</i>
Nov 11-13	NCCP CCI-T2T (On-Snow) Workshop #1 Whistler <i>LF: Maria L</i>
Nov 11-13	Teck Regional Snow Camp (Okanagan Region) Vernon, BC <i>CCBC coach: Adam E</i>
Nov 16-20 Wed-Sun	<b>CCBC Snow Camp (BCST/BCDS)</b> 38 athletes Main focus – refining ski technique RED-S presentation Sport Psychology presentation Vernon (backup site, Whistler), BC <i>CCBC Coaches: Chris M, Adam E; Graham M, Zach H</i> <i>PCE Coaches: Robyn Thomas, Annie Kvick</i>
Nov 17-20 Thurs-Sun	<b>BC Talent Squad Snow Camp (BCTS)</b> 70+ athletes <ul style="list-style-type: none"> <li>- Main focus – improving ski technique</li> <li>- RED-S presentation</li> <li>- Sport Psychology presentation</li> <li>- Education on: <ul style="list-style-type: none"> <li>✓ race planning and warm ups; circulate article from T2T OS RM</li> <li>✓ ski preparation (rotate groups). Presenters: TBD</li> </ul> </li> </ul> Vernon, BC <i>CCBC coaches: Jenna S, Andrew B, Maria L</i> <i>PCE coaches: Andrea Stapff, John Shaw, Bev Rooke, Maya Swannie Jacob, Helene Flurry, Jeff Orchard, Stephen Wickham, Zoe Dillon, Megan Brooke; Pauline Forren</i>
Nov 18-20	National PN Next Gen/Development Camp Canmore, AB <i>BC athletes &amp; coaches:</i>

Nov 23-25	NCCP CCI-T2T (On-Snow) Workshop #2 Whistler <i>LF: Maria L</i>
Nov 25-27	Teck Regional Snow Camp (Kootenay Region) Invermere, BC <i>CCBC coach: Graham M</i>
Nov 11-13	NCCP CCI-T2T (On-Snow) Workshop #2 – backup to deal with overflow Whistler <i>LF: Maria L</i>
Dec 2-4	Teck Regional Snow Camp (Coast Region) Whistler, BC <i>CCBC coach: Maria L</i>
Dec 9-11	Teck Regional Snow Camp (Northern Region) Smithers, BC <i>CCBC coach: TBD</i>
Dec 27-29	Teck Regional Snow Camp (Coast Region-VI) Mt Washington, BC <i>CCBC coach: Andrea S</i>
Jan 7-8	Canada Winter Games Trials Whistler, BC
Jan 18-21	World Jr/U23 Championship Trials Prince George, BC <i>CCBC coaches: Chris M, Graham M</i>
Jan 29-Feb 5	FIS World Jr/U23 Championships Whistler, BC Forerunners – BCDS
Feb 26-Mar 5	Canada Winter Games Charlottetown, PEI <i>CCBC Coaches: Chris M, Maria L, Adam E, Frank A, Jessica Heyes</i> CWG Women's Apprentice Program: Amelie Cloutier Participant Assistant: Donna Flatman
Mar 6-19	National Championships Thunder Bay, ON <i>Head Coach for BC: Chris M</i>

Mar 18/Apr 2 CCBC B-Tour (BCST)  
Sweden  
*Coaches: Chris M, PCE: TBD*

BCST – BC Ski Team (Learning to Compete/Training to Compete)  
BCDS – BC Development Squad (Training to Train)  
BCTS – BC Talent Squad (Training to Train)  
BC PN – BC Para-Nordic Squad  
Regional Camps (Learning to Train, Training to Train)