

## TCRA CAMP OUTLINE FOR CAMP 1: U16 DEVELOPMENT CAMP JULY 15TH-AUGUST 4TH

		travel days	training schedule	training emphasis
Date	Day	activities		
July 13	Fri	NO ARRIVAL POSSIBLE BEFORE JULY 15TH		
July 14	Sat			
Jul 15	Sun	arrival ZQN	ARRIVAL DAY	<div style="background-color: #cc0000; color: white; padding: 2px; display: inline-block; margin-bottom: 5px;">Block 1</div> Fundamental skill development in free-skiing and drill progression, in various terrain and snow conditions.
July 16	Mon	late arrival ZQN	training start	
July 17	Tue			
July 18	Wed			
July 19	Thu			
July 20	Fri			
July 21	Sat	Queenstown tour (date flexible)		
July 22	Sun			<div style="background-color: #cc0000; color: white; padding: 2px; display: inline-block; margin-bottom: 5px;">Block 2</div> Event specific skill development, utilize the progressive gate environment, this includes also access to injected snow surface in moderate terrain
July 23	Mon			
July 24	Tue			
July 25	Wed			
July 26	Thu			
July 27	Fri			
July 28	Sat	Blue Pools West Coast (date flexible)		
July 29	Sun			<div style="background-color: #cc0000; color: white; padding: 2px; display: inline-block; margin-bottom: 5px;">Block 3</div> refining and adapting skills in a more challenging environment (full length Slalom and GS courses).
July 30	Mon			
July 31	Tue			
August 1	Wed			
August 2	Thu			
August 3	Fri		training ends	
August 4	Sat	departure ZQN	DEPARTURE DAY	
August 5	Sun			