

## TCRA CAMP OUTLINE FOR CAMP 2: U18-21 FIS DEVELOPMENT CAMP JULY 15TH-AUGUST 5TH

		travel days	training schedule	training emphasis
Date	Day	activities		
July 13	Fri	NO ARRIVAL POSSIBLE BEFORE JULY 15TH		
July 14	Sat			
Jul 15	Sun	arrive in (ZQN) Queenstown Airport	ARRIVAL DAY	<div style="text-align: right; background-color: #d9534f; color: white; padding: 2px; display: inline-block;">Block 1</div>  Fundamental skill development in free-skiing and drill progression, in various terrain and snow conditions.
July 16	Mon	Late arrival day	training start	
July 17	Tue			
July 18	Wed			
July 19	Thu			
July 20	Fri			
July 21	Sat	Queenstown tour (date flexible)		<div style="text-align: right; background-color: #d9534f; color: white; padding: 2px; display: inline-block;">Block 2</div>  Event specific skill development in Slalom and Giant Slalom using the same training space as we offer the various National Teams training within the TCRA.
July 22	Sun			
July 23	Mon			
July 24	Tue			
July 25	Wed			
July 26	Thu			
July 27	Fri	Blue Pools West Coast (date flexible)		<div style="text-align: right; background-color: #d9534f; color: white; padding: 2px; display: inline-block;">Block 3</div>  Access to full length Slalom and Giant Slalom training with timing and head to head training competition and preparardrona FIS Races
July 28	Sat			
July 29	Sun			
July 30	Mon			
July 31	Tue		training ends	
August 1	Wed			<b>CARDRONA FIS GS</b>
August 2	Thu			<b>CARDRONA FIS GS</b>
August 3	Fri			<b>CARDRONA FIS SL</b>
August 4	Sat			<b>CARDRONA FIS SL</b>
August 5	Sun	depart from (ZQN) Queenstown Airport	DEPARTURE DAY for Camp 2	DAY OFF FOR EXTENSION CAMPERS
August 6	Mon	<b>EXTENSION CAMP STARTS WITH 6 TRAINING DAYS AND 4 RACE DAYS IN CORONET PEAK</b>		
August 7	Mon			<div style="text-align: right; background-color: #d9534f; color: white; padding: 2px; display: inline-block;">Block 4</div>
August 8	Tue			
August 9	Wed			
August 10	Thu			
August 11	Fri			moving to Queenstown for Racing
August 12	Sat			<b>CORONET PEAK NC GS</b>
August 13	Sun			<b>CORONET PEAK FIS GS</b>
August 14	Mon			<b>CORONET PEAK NC SL</b>
August 15	Tue			<b>CORONET PEAK FIS SL</b>
August 16	Wed	depart from (ZQN) Queenstown Airport	DEPARTURE DAY extension Camp	