

TCRA CAMP OUTLINE FOR CAMP 3: U16-18 ELITE CAMP AUGUST 5TH-AUGUST 26TH

		travel days	training schedule	training emphasis
Date	Day	activities		
August 4	Sat	NO ARRIVAL POSSIBLE BEFORE AUGUST 6TH (arrival on August 5th only if space available in the Lodge)		
August 5	Sun	arrive in (ZQN) Queenstown Airport	ARRIVAL DAY	
August 6	Mon		training start	Block 1
August 7	Tue			Fundamental skill development in free-skiing and drill progression, in various terrain and snow conditions.
August 8	Wed			
August 9	Thu			
August 10	Fri			
August 11	Sat			Block 2
August 12	Sun			Event specific skill development, utilize the progressive gate environment, this includes also access to injected snow surface in moderate and challenging terrain.
August 13	Mon			
August 14	Tue	Queenstown tour (date flexible)		
August 15	Wed			
August 16	Thu			Block 3
August 17	Fri			refining and adapting skills in a more challenging environment (full length Slalom and GS courses.
August 18	Sat			
August 19	Sun			
August 20	Mon	Blue Pools West Coast (date flexible)		
August 21	Tue			Block 4
August 22	Wed			Access to full length Slalom and Giant Slalom training with timing and head to head training competition.
August 23	Thu			
August 24	Fri			
August 25	Sat	early departure day	training ends	
August 26	Sun	depart from (ZQN) Queenstown Airport	DEPARTURE DAY	
August 27	Mon	EXTENSION WEEK		
August 28	Tue	<p style="color: red; margin: 0;">NEW FOR THIS SEASON</p> <p style="margin: 0;">This season we offer also an extension week for U16-18 Elite Athletes that are not racing during the Camp!</p>		Block 4
August 29	Wed			
August 30	Thu			
August 31	Fri		training ends	
September 1	Sat		DEPARTURE DAY	
September 2	Sun			