

TCRA CAMP OUTLINE FOR CAMP 4: FIS ELITE CAMP AUGUST 5TH-SEPTEMBER 1ST

		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	Late arrival day	training start	FREESKING DAY
August 7	Tue			Block 1
August 8	Wed			Starting with back on snow days moving into easy gate training in moderate SL and GS courses.
August 9	Thu			
August 10	Fri			
August 11	Sat			Block 2
August 12	Sun			Progressive gate training focusing on improving individual performance in identified problem areas. (technical, tactical, mental, etc.)
August 13	Mon			
August 14	Tue			
August 15	Wed			Block 3
August 16	Thu			Technical and tactical refinement and adapting of all variations of course sets, terrain and snow conditions!
August 17	Fri			
August 18	Sat			
August 19	Sun			Block 4
August 20	Mon		Optional Project for traveling to Australia for the ANC Cup, 2 SL and 2 GS in Thredbo! Extra expense not included in the TCRA Camp fees)	Full length Slalom and GS training with timing, most of the training session will be alongside the national Teams training within the TCRA.
August 21	Tue			
August 22	Wed			
August 23	Thu			
August 24	Fri			
August 25	Sat			
August 26	Sun			
August 27	Mon			ANC CUP CORONET PEAK GS
August 28	Tue			ANC CUP CORONET PEAK GS
August 29	Wed			ANC CUP CORONET PEAK SL
August 30	Thu			ANC CUP CORONET PEAK SL
August 31	Fri			Weather day for ANC Cup
September 1	Sat	depart from (ZQN) Queenstown Airport	DEPARTURE DAY	
EXTRA WEEK		EXTENSION WEEK FOR TRAINING AND RACING (MT. HUTT ANC SPEED IS OPTIONAL)		
September 2	Sun		SG training day	Block 5 Analyzing the race performance from the FIS Series in Coronet Peak and make adjustments as needed. Training on injected surface in order to prepare for the race series in Coronet Peak!
September 3	Mon		Mt. Hutt SG ANC-NC	
September 4	Tue		Mt. Hutt SG ANC-NC	
September 5	Wed			
September 6	Thu			
September 7	Fri			FIS Elite Series Treble Cone SL
September 8	Sat			FIS Elite Series Treble Cone SL or GS
September 9	Sun		DEPARTURE DAY	
September 10	Sun			