

Here is information about the upcoming Cycling BC winter camp on February 8-9th, 2020. I had inquired about a space to rent for the spin session and received word back from the Johnson Bentley Rec Centre in Westbank that we can rent a space from them.

Do riders all have a trainer to bring or borrow for this day? I have one extra that can be borrowed as first come first serve. They don't need to be smart trainers or wattage trainers, we will do the spin workout by perceived effort. If you do need a trainer, please reach out to me and I will work on finding one.

Saturday February 8th:

- 1- 12:30-13:30 Yoga class taught by Brittany Webster at the Hot Box Yoga in West Kelowna
- 2- 14:30-15:30 Skate ski lesson at [Telemark Nordic Centre](#) taught by Brittany Webster.
- 3- 15:30-16:30 Group ski on the Telemark trails to put the technique lessons to use.

*Please bring good and water to have lunch or a good snack between yoga and ski lesson. Please arrive at yoga for 12:00 to get organized, signed in, and for me to go over the weekend plans in person. Riders can bring their ski clothing in and use the change rooms to get into gear before heading up to Telemark. I have a van and can take 4 people from yoga studio to Telemark and back to meet parents at the Hot Box Yoga studio for approx. 17:15

Sunday February 9th:

- 1- 9:30-12:00 Spin Class at Johnson Bentley Rec Centre in West Kelowna (bring a lunch and sufficient fluids and snacks for this session!)
- 2- 12:00-13:00 Lunch time with a talk on seasonal goal setting and long term development.

*Please arrive at 9:15 to sign into the rec centre and set up the bike. Parents can plan to arrive back to pick up riders at 13:00.

Weekend training camp cost: \$100 per athlete. If athletes are members of Telemark Nordic and own ski gear the cost will be \$60 per athlete. This fee covers the yoga class, rec centre rental for spin class, and nordic pass/ski rental.

Please respond to [Evan](#) notifying him you will or will not be attending.