

## **West Kelowna Skills Camp: August 8th**

The cap for rider attendance is 8 and Evan as the coach. If we have more than 5 riders I will add an extra coach for the day and split the groups in half to minimize exposure with others.

**When:** Saturday August 8th - 9AM - 2PM

**Where:** [Smith Creek parking lot](#) in West Kelowna.

**What:** Interval workout and skills session

**Deadline:** Please respond with a YES **or** NO by Friday July 31 (sorry for the short notice)

**Cost:** \$40 to non-targeted Cycling BC athletes

**What to bring:** With this being summer in the Okanagan it could be 35C and sunny or 15C and raining. Expect a warm day but always expect a chance of rain.

### **Day schedule:**

9:00 - Arrival, discussion and gearing up at [Smith Creek parking lot](#)

9:30 - Depart for ride + interval workout

11:30 - Return to vehicles for snack

12:00-1:30 - Skills session

2:00 - Parents arrive back for picks ups and departures.

There will be extra snacks, water and sunscreen at the coaches vehicle. Riders can leave extra food/water in the coach vehicle that will have a cooler in it.

### **Please remember to bring:**

-Extra water

-Ideally a riding pack for water, food and spare parts.

-Food for after and snacking during the ride

-Spare parts for your bike to be self-reliant (tube, pump, multi-tool)

-Sunscreen!