

Weekday Sample Schedule

This sample schedule provides a glimpse into a typical XC Supercamps itinerary. *Because each camp is unique, you should refer to the final schedule included in your email welcome package (sent a week or two before your camp begins) for accurate meeting times, locations, activities and presentations.*

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 Meet for welcome + briefing				
8:30 Shuttle to Sovereign Lake <i>Skate</i> (Combo Groups)	8:30 Ski session at SilverStar <i>Skate</i> (Combo Groups)	8:20 Shuttle to Sovereign Lake <i>Classic</i> (Combo Groups)	8:30 Ski session at SilverStar <i>Classic</i> (Combo Groups)	8:30 Ski session at SilverStar. <i>Choice</i> (Combo Groups)
11:30 - 13:00 Lunch at SilverStar + time to rest				
Half-day skiers done with ski sessions for the day				
13:15 Ski session: shuttle to Sovereign (Full day groups)	13:15 Ski session at SilverStar (Full day groups)	13:15 Ski session: shuttle to Sovereign (Full day groups)	13:15 Ski session at SilverStar (Full day groups)	
15:15 Shuttle returns to SilverStar		15:15 Shuttle returns to SilverStar		* Late afternoon and evening presentations, workshops and activities are unique to each camp and dependent on speaker availability. Refer to your final camp schedule (sent by email just before your camp) to see what's in store for your week.
	16:15 -17:15 Presentation, workshop or activity (i.e. yoga & foam rolling)*	16:15 -17:30 Presentation, workshop or activity (i.e. wax workshop)*	16:15-17:15 Presentation, workshop or activity (i.e. guest speaker)*	
			19:00 Casual Camp Social*	