

Weekend 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.*

Friday	Saturday	Sunday
	<p>8:20</p> <p>Meet for bus to Sovereign Lake</p> <p>Bus departs at 8:30</p>	<p>8:30</p> <p>Meet for Ski Session. Silver Star</p>
	<p>11:30</p> <p>Lunch at SilverStar + time to rest</p>	<p>11:30</p> <p>Lunch at SilverStar + time to rest</p>
<p>12:45</p> <p>Meet for welcome + briefing</p>	<p>Half-day skiers done with ski sessions for the day</p>	<p>Half-day skiers done with ski sessions for the day</p>
<p>13:15</p> <p>Ski session at SilverStar</p>	<p>13:15</p> <p>Ski session at SilverStar</p>	<p>13:15</p> <p>Ski session at SilverStar</p>
<p>15:15</p> <p>Ski session complete</p>	<p>15:15</p> <p>Ski session complete</p>	<p>15:00</p> <p>Goodbye!</p>
<p>16:15 -17:00</p> <p>Presentation, workshop or activity (i.e. wax workshop)*</p>	<p>16:15 -17:00</p> <p>Presentation, workshop or activity (i.e. yoga & foam rolling)*</p>	<p>* 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 weekend.</p>
<p>19:00</p> <p>Casual Camp Social*</p>	<p>19:00-19:45</p> <p>Guest Speaker*</p>	