



## **Post Secondary Team**

- The idea of the Team Telemark program is to train and develop national and international level skiers while also having good access to post-secondary educational opportunities.
- Kelowna and the Okanagan Valley are a prime location with endless training areas and an international airport.
- Head coach Adam Elliot will personalize training programs starting in April 2016. Adam is a Level 4 Coach and Graduate of the Advanced Coaching Diploma program through Canadian Sport Institute Pacific.
- Adam will direct wax support at races as well.
- Athletes who may be interested in this program are asked to contact Adam for questions.

## **Summer Training**

- Smooth roads for roller skiing – Southeast Kelowna, June Springs (Time Trial), Telemark Road.
- Endless trails and mountains to bike and run – Rose Valley, Myra-Bellevue Provincial Park, Okanagan Mountain Park, Smith Creek, etc. (so many trails!)
- Okanagan Lake – swimming, cooling off after training.
- BCST camps in Revelstoke, Whistler and on the Haig Glacier.

## **Post-Secondary Options**

- Kelowna is lucky to have two major post secondary options, UBCO and Okanagan College. As a focused ski racer, Okanagan College is a perfect part time option.
- Since OC is directly in the middle of Kelowna, access to training straight from the school is very easy



## **Kelowna has 7 nordic ski areas within an hour's drive.**

- The majority of on snow ski training is done at Telemark Nordic Club, which is a twenty-five minute drive from downtown Kelowna.
- Telemark offers good low altitude training, which is perfect for the majority of training sessions (altitude 1000m).
- Silver Star and Sovereign Lake are both 55 minutes from Kelowna, they offer a ski season that begins in late October and extends into late May. We do a May camp at Sovereign Lake where we are able to ski on their trails until the later weeks of May. Early season camps begin in late October or early November.
- Nickel Plate and Big White are the two primary altitude-training sites as they both are situated over 2000m.

For further information go to: <http://telemarkracers.org/tr-elite/>