



TNC-pol-25

Post Secondary Team

Purpose

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/>