

Sea To Sky Nordics Squamish Multi-Sport Camps Daily Program

Subject to change based on weather and safety of conditions

Monday

Meet and greet

- Introductory games/icebreakers
- Sunscreen/hydration/appropriate clothing/cuts & bruises
- Teamwork/Cooperation – “Everybody Wins Philosophy”
- Group management/safety/wildlife

Block 1a

Ski Jump

- Technique Video
- Ski Jump dryland/imitations (mini-tramp)
- Slackline balance activities

Snack/hydration break (10min)

Block 1b

Ski Jump

- Equipment set-up
- Technique on ski jump landing hill (inrun, telemark, take-off)

Lunch

Block 2a

Disc Golf

- Tournament – (best disc)

Snack/hydration break

Block 2b

Biathlon

- Video
- Introduction to Biathlon (range safety, rifle safety, how to aim)

Close out game

- Water balloon tag or other games

Tuesday

Meet and greet

- Initiative games and slacklining
- Sunscreen/hydration/appropriate clothing/cuts & bruises
- Teamwork/Cooperation – “Everybody Wins Philosophy”
- Group management/safety

Block 1a

Biathlon

- Review of range/rifle safety
- Biathlon target activities and skill development

Snack/hydration break (10min)

Block 1b

Biathlon

- Biathlon target activities and skill development
- Biathlon running games

Lunch

Block 2a

Ski jump

- Dryland technique imitations
- Technical position practice on landing hill
- First jumps from take-off

Snack/hydration break

Block 2b

Ski jump

- Practice technical positions while jumping

Close out game

- Slip and Slide on ski jump outrun or other game

Wednesday

Meet and greet

- Initiative games
- Sunscreen/hydration/appropriate clothing/cuts & bruises
- Teamwork/Cooperation – “Everybody Wins Philosophy”
- Group management/safety

Block 1a

Camcraft activities or disc golf

Snack/hydration break (10min)

Block 1b

Rollerblade

- Equipment sizing and safety
- Practice rollerblading skills (balance, momentum, stopping, turning)

Lunch at Brennan Park

Block 2a

Rollerblade

- Rollerblade to Adventure Centre and back

Snack/hydration break

Block 2b

Swimming at Brennan Park

Close out game

TBD

Thursday

Meet and greet

- Sunscreen/hydration/appropriate clothing/cuts & bruises
- Teamwork/Cooperation – “Everybody Wins Philosophy”
- Group management/safety

Block 1a

Ski Jumping

- Dryland Imitations
- Jumping

Snack/hydration break (10min)

Block 1b

Biathlon

- Biathlon range practice
- Target Games

Lunch

Block 2a

Mini-Golf

- Hike to Mini-Golf
- Mini-Golf
- Hike to camp

Snack/hydration break

Block 2b

Campcraft skills

- Shelter building
- Orienteering
- Team Fire starting

Close-out game

Capture the flag

Friday

Block 1a

Rollerblade

- Slalom
- Jump positions
- Gliding
- Relay games

Snack/hydration break (10min)

Block 1b

Sea To Sky Games Biathlon

- Run/Biathlon event

Lunch

Block 2a – Parents invited for afternoon

Sea To Sky Games

- Ski Jump, Obstacle Run, Disc Golf Target toss

Snack/hydration break

Block 2b

Sea To Sky Camper awards

- Camper awards
- Sea To Sky Games Awards
- Upcoming programs

Close-out game

Snack with parents