

WESTERN CANADA JUNIOR CAMP

Friday, July 31, 2026 – Sunday, August 2, 2026

HOST: Alberta World Cup Academy
LOCATION: Canmore, Alberta - Canmore Nordic Centre
AGE: Athletes must be U20 or U18 for the upcoming 26/27 race season.
CAMP CAPACITY: 80 athletes max, first come first serve registration.

REGISTRATION: <https://zone4.ca/register.asp?id=41432>

REGISTRATION DEADLINE: JULY 10th, 2026

ENTRY FEES:

300\$ Per athlete - Includes six training sessions, and three educational seminars/presentations by the Alberta World Cup Academy coaching staff.

COACHES: Please contact ngilman@albertaworldcup.com if you would like to attend as a coach alongside your athletes as a professional development opportunity. Coach attendance fee is 100\$.

CAMP SCHEDULE		
July 8, 2026	10:00am	Confirmed training location and meeting time schedule to be sent out to all registrants.
July 31, 2026	9:00am – 11:00am	Skate Rollerski Technique Session @ Canmore Nordic Centre <ul style="list-style-type: none"> Key technical focus: body positioning on skis Agility and speeds in addition to technical drills and feedback.
	3:00pm - 4:30pm	CL Rollerski Technique Session @ Canmore Nordic Centre
	7:00pm - 8:30pm	Technical Review and Analysis @ Bill Warren Training Centre <ul style="list-style-type: none"> AWCA Coaches present key technical fundamentals for development. Video analysis exercises to identify and correct technical deficiencies.
August 1, 2026	9:00am – 11:00am	Skate Rollerski Time Trial @ Canmore Nordic Centre <ul style="list-style-type: none"> Course preview with AWCA athletes.

	3:00pm – 5:00pm	Core strength circuit and CL Rollerski Specific Strength
	7:00pm - 8:30pm	Race Tactics and Planning Presentation @ Bill Warren Training Centre <ul style="list-style-type: none"> • AWCA Olympians present their race plans, course visualisation, pacing and tactics.
Sunday, August 2nd	9:00am – 12:00pm	Overdistance run with Academy athletes @ Sunshine Backcountry Parking Lot (Link Here: XXXX)
	2:00pm (Bring your lunch!)	Training Methodology and Physiology @ Bill Warren Training Centre <ul style="list-style-type: none"> • The science behind why we train the way we do.
	3:30pm	Core and Games with Academy athletes @ Canmore Nordic Centre

Updated Camp Info on WhatsApp:

To be added shortly

Parking

Kananaskis Pass is required for parking at the Canmore Nordic Centre at all times and can be purchased online or in the Canmore Nordic Centre day lodge.

A Banff National Parks pass is needed for parking at Sunshine ski resort for our Sunday long run.

Accommodation

[Basecamp Resorts Canmore](#) offers a 15% discount with the following discount code: SKI

[Rocky Mountain Ski Lodge](#)

Food

Food is available on site at the Canmore Nordic Centre at the Cornerstone Cafe located in the Canmore Nordic Centre day lodge.

