



bcfreestyle**ski** team

The Team West group (BC Team and AB Team) met for another year on the Farnham glacier. With a deteriorating budget CODA didn't run camp green this season so the team set up in Panorama and was taken to the glacier by Helicopter each day. Some fresh winter snow made it possible to build a roller course and a 200m mogul line which lead to some great training. Elisa and I were very pleased with the improvement over the duration of the camp. The Teams have now returned home and received new training programs for the last strength and conditioning block as we head into the pre-competition and competition seasons. The teams will meet once again in Mid November for our fall Apex camp leading to US selections, our first event of the year. I look forward to seeing you all very soon. Train hard.

Adrian Taggart, Head Coach