

Training Schedule January 27-30th

Friday, January 27th

10:00am – 11:30am: Fundamental technique. Cultus Lake

2:30pm – 4:00pm: Whitewater technique. Tamahi

Saturday, January 28th

9:00am – 10:30am: Whitewater technique. Tamahi

2:30pm – 4:00pm: Speedy technique. Tamahi

Sunday, January 29th

9:00am – 10:30am: Half-lengths. Tamahi

2:30 – 4:00pm: Whitewater technique. Tamahi

Monday, January 30th

9:00am – 10:30am: Full-lengths. Tamahi

2:00pm – 3:30pm: Whitewater technique. Tamahi

6:00pm – 7:00pm: Walk through of an off-season weight training program. Chem-Centre