

AWCA Masters Prep Camp

HOST: Alberta World Cup Academy
LOCATION: Canmore, Alberta - Canmore Nordic Centre
DATES: January 15th - January 17th, 2027
CAMP CAPACITY: 12 athletes maximum, first come first serve registration.
WHO: Any Masters athletes looking for technical refinement, education on training methodologies, race tactics and preparation, and more! We will focus on and talk about training for loppets and events like Masters World Cups, the Canadian Birkebiner and Ski Classics.

REGISTRATION DEADLINE: December 21st, 2026

ENTRY FEES: 1,500\$

Includes:

- Five training sessions - coached by AWCA's Robin McKeever, Jouni Pitkanen, and Nikki Gilman.
- Five educational seminars/presentations by Alberta World Cup Academy staff, including AWCA head wax tech, Tim Wintoniw.
- Catered Dinner Friday and Saturday nights.
- Exclusive Academy headwear.
- Exclusive Academy Training Shirt

CAMP SCHEDULE		
Monday	10:00am	Confirmed training location and meeting time schedule to be sent out to all registrants.
Friday	9:30am – 11:30am	Skate Technique Session @ Canmore Nordic Centre Stadium • Primary Technical Focus: body positioning on skis • Secondary Focus: Power Line and Balance on skis • How to incorporate agility and speeds into training in addition to technical drills.
	12:00pm - 1:00pm	Lunch with the AWCA Coaches and Athletes @ CNC Daylodge • Meet and greet with AWCA athletes • Athletes share race experiences



	1:15pm - 2:45pm	Kick Wax Clinic w/ AWCA Lead Wax Tech @ Cross Country Team Rooms • How to clean and prep a ski for grip wax. • Different types of base binders and when to use them. • Hard wax vs klister application. • Mixing and layering waxes.
	3:00pm - 4:30pm	CL Technique Session @ Canmore Nordic Centre Stadium • Primary Focus: Striding. Setting the kick - what does this mean, what does it look like, and how do you perfect it. • Drills to improve striding technique.
	5:00pm - 7:00pm	Dinner + Technical Review and Analysis @ Bill Warren Training Centre • AWCA Coaches present key technical fundamentals for development and progression. • Video analysis exercises to identify and correct technical deficiencies.
Saturday	9:30am – 11:30am	Classic Technique @ Canmore Nordic Centre Stadium • Primary Technical Focus: Double Pole and Double Pole Kick Techniques. • Identifying terrain for these techniques • Mastering transitions between classic techniques.
	12:00pm - 1:00pm	Lunch with AWCA Coaches @ Canmore Nordic Centre Day Lodge • Discussion Topic: Travel tips for racing, time zone changes, jet lag, etc.
	1:15pm - 2:45pm	Pressure Testing and Ski Fleet Management with Tim Wintoniw • Behind the scenes to manage hundreds of pairs of skis for AWCA athletes. • How pressure testing works, what it shows you, and how to use that information. • Bring a pair of CL skis that you need marked for kick zones!
	3:00 - 5:00pm	Gym and Core Strength Introduction • How we integrate the gym into our training plans. • Key considerations for strength in nordic sport. • Specificity - Single leg movements, upper body, and core. • Experience our signature AWCA Core circuit!

	5:30pm - 7:30pm	Dinner + Race Tactics and Planning Presentation @ Bill Warren Training Centre AWCA Athletes present their race plans, course visualisation, pacing and tactics.
Sunday	9:30am – 11:30am	Skate Technique and Course Preview Strategies @ Canmore Nordic Centre Stadium - Primary Technical Focus: Offset and uphill technique. - Learn to preview a race course, break down into sections, talk about pacing, transitions, and areas to gain the most time.
	12:00-1:00pm	Lunch with AWCA Coaches @ CNC Daylodge Discussion Topic: Race day morning timelines, how to plan your timelines, what to include and when.
	1:15pm - 3pm	Training Methodology and Physiology @ Bill Warren Training Centre The science behind why we train the way we do.
	3:30pm	Departure + Any Last Questions for the AWCA Staff!

Camp Communication 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.

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. Dinner will be provided on Friday and Saturday nights as part of your camp fee. Breakfast, Lunch and Snacks are on your own.