



Sovereign Lake Nordic Development Centre: XC

Sovereign Lake Nordic Development Centre (SLNDC) has a focus which targets athletes between the ages of 17-24 (ie. graduated from high-school) who have shown dedication, potential for success in the sport, and are committed to a high-performance program. Sovereign Lake Nordic Development Centre boasts an integrated high-performance program, working closely with our biathlon team. The SLNDC currently offers three streams: Performance (Year-Round), Performance (Fall / Winter), and a flexible Summer-Experience training option.

Our core values of Passion, Respect, and Determination are the bedrock of our team's philosophy. Together, these values shape a resilient and dynamic team culture, where athletes not only achieve their full potential but also contribute to a supportive and empowering community.

Performance (Year - Round) & (Fall / Winter)

Our first two streams are a full-time (in their respective season), yet flexible performance oriented option. Athletes are expected to prioritize their time with the team and commit to being based in Vernon / Silverstar, starting in May or September. Athletes completing highschool are welcome to join the team after the completion of their final semester.

The Performance stream is suited for athletes who have a primary goal of competing at a national and / or international level.

Due to the close proximity to Post-Secondary institutions, student-athletes have the option to balance academics with full-time training.

Tentative Weekly Schedule: *Sessions from 3-5 per week, as per training cycle*

Monday: Self training or rest day

Tuesday: AM - Ski Training (Intensity), PM - Strength training

Wednesday: AM - Ski training

Thursday: AM - Ski training (Intensity), PM - Strength training

Friday: AM - Ski training

Saturday: AM - Ski training

Sunday: Self training or rest day



Summer-Experience

The Summer experience program is suited for athletes who are not currently local to Vernon and / or are entering their last semester of highschool. This program allows athletes to participate in summer training options alongside our SLNDC team. What better way to test the waters?!

Athletes will train alongside the SLNDC athletes in the schedule outlined above, including training camps.

Why Sovereign?

Our athletes benefit from an extraordinary training environment, where access to top-tier coaching and the longest natural snow season in Western Canada, and often Canada-wide, provides them with a unique advantage. Our program emphasizes technical skill development, personalized physical conditioning, and life balance. This comprehensive approach has not only fostered a culture of excellence and a strong team spirit but has also enabled our athletes to excel at national and international competitions, setting personal bests, and achieving podium finishes. At the Sovereign Lake Nordic Development Centre, our athletes are more than just team members; they are part of a community dedicated to pursuing excellence in biathlon and developing lifelong skills in leadership, resilience, and perseverance.





SLNDC streams		
Performance (Year - Round) May 1st, 2025 - April 1st, 2026	Summer-Experience Flexible. Weekly / Monthly. May - August	Performance (Fall / Winter) September 1st 2025 - April 1st, 2026
Financial Investment		
\$4000	Weekly & Monthly options. *Contact for more information*	\$3200
Payment Schedule Payments are made online. A payment plan can be set up.	Payment Schedule: Payments are made online. A payment plan can be set up.	Payment Schedule: Payments are made online. A payment plan can be set up.
Program Benefits		
<ul style="list-style-type: none"> • Daily coaching as per the outlined schedule • Individualized training plan based on the team YTP • Team clothing (Conditional to team sponsorship & fundraising.) • Race support (wax and coaching) at all designated races • Access to the SLNC Team Van for approved trips, and training sessions • Access to team fundraising • Access to discounted products from our sponsor, Stussi Sport • Access to NCCP coaching courses • Athlete IST through CSI and local • Access to ski brand partnership connections 	<ul style="list-style-type: none"> • Daily coaching as per the outlined schedule • Written debrief of observations for your personal / club coach • Access to the SLNC Team Van for approved trips • Ability to join SLNDC for race support when appropriate (during race season) 	<ul style="list-style-type: none"> • As per Performance (year-round)
Not Included		
Accommodations & daily transportation. Personal ski equipment and training wax, trail & range passes. Additional costs incurred for training camps and race trips.	As per Performance (year-round)	As per Performance (year-round)



Equipment List

Athletes are expected to have the following list of equipment. Where available, SLNDC athletes can gain access to existing equipment deals from our partners.

- Full skate and classic roller-ski equipment (skate and classic skis, boots, poles, helmet, etc.)
- Trail & road running shoes, & ideally a running pack / hiking pack
- Heart-rate monitor
- Road / Gravel bike *A bike is not a requirement, however it is a good training tool that will be incorporated into training plans*
- Full skate and classic ski equipment (skate and classic skis, boots, poles, etc.)
- Proper outdoor clothing for all training environments in all potential weather situations
 - The Okanagan will experience +30 to -20, warmth, cold, and rain. Athletes must be prepared for it all!

This list is not exhaustive and represents the basics of what an athlete should prepare to have for their use in training

