



BC Adaptive Snowsports presents SheCan 2020

SheCan is a skiing and snowboarding event designed for CADS Instructors and program leads to increase skills and confidence on and off the snow.

The 2020 theme is Building Connection. Deepen your connection with yourself, your purpose, snow sports and with your peers. Through a supportive environment, join like-minded women to reflect on your impact in your community and those around you.

This integrated weekend will stretch your on-snow skills while we work together to explore how to overcome challenges on and off the hill as women leading in adaptive snow sports. This weekend will weave together relationship building, facilitated reflection and conversations, and on-snow skill development and play.

On the snow, we will be guided by CSIA Level 4 female instructors and elite coaches. [Sheila Bouman](#), an experienced executive coach and leader, will guide our off-snow conversations. [Jessica Vliegenthart](#) is our special keynote speaker on Friday night where she will share her experience to help kick-off the event!

DETAILS

When: February 7-9, 2020

Where: Silver Star Resort, Vernon, BC

Who: Open to all CADS Instructors and/or program leads in BC (Must be 19 years old)

What: On and off snow skill development, networking opportunities and fun!

REGISTRATION \$190 EARLY BIRD (before January 15th) \$225 after

INCLUDES:

- On snow: Skill development & free skiing with CSIA Level 4 instructors Heather Bilodeau & Donie Blunden and Canada Snowboard's [Kim Krahulec](#)
- Off snow: Yoga, guided discussions & keynote speaker
- Meals: Friday: Appies / Saturday: B,L,D / Sunday: B
- [Travel grants](#) are available thanks to the support of Arc'terix

*Participants are responsible for their accommodation cost, lift tickets, travel cost and meals outside the program.

We have a room block and special rates with the Vance Creek. Please email Fannie Smith at fannie@bcadaptive.com to reserve one of these rooms. First come, first serve.

3 x Standard/Deluxe Rooms with two queen beds, mini-fridge, coffeemaker, microwave	\$162/nt + tx
1 x One Bedroom Suites with two queen beds, hide-a-bed, kitchen	\$209/nt + tx
1 x – Two Bedroom suites with 3 queen beds, hide-a-bed, bunk bed and kitchen	\$293/nt +tx

Schedule

Friday, February 7th

6:30pm-8:30pm Welcome reception & keynote with Jessica Vliegenthart
Semi-structured evening to meet each other, learn from a community leader and set the tone for the weekend.

Saturday, February 8th

8:30am-10:00am	Off snow session (light breakfast provided) at Vance Creek Hotel
10:15am-12:30pm	On snow session
12:30pm-1:45pm	Group lunch – Soup & Sandwich lunch is included
2:00pm-3:30pm	On snow
3:30pm-6:30pm	FREE TIME
	Optional: 4:00pm-5:00pm – yoga with Lacey Dueck (included)
6:45pm-10:00pm	SheCan banquet (dinner included)

Sunday, February 9, 2020

9:00am-11:00pm	Off snow session (light breakfast provided) at the Vance Creek Hotel
11:00am-1:00pm	On snow session
1:00pm	Wrap up and end of the weekend