

## **Teck Kootenay Regional Snow Camp**

**November 22- November 24, 2019:**

### **Invermere's Panorama Mountain Resort, BC**

Ready, Set, Snow!! Join us at the Panorama Mountain Resorts high elevation snow environment for early season classic and skate skiing. Activities will include wax tips, season preparation, team builders, downhill, double poling, classic and skate sessions. All actual ski sessions will be focused on zone 1 and 2 (LSD long slow distance). Teck-branded swag will be provided to each participant attending the camp.

**Location:** Invermere, BC- Panorama Mountain Resort <https://www.panoramaresort.com/>

Skiing will occur at the high elevations of Panorama Summit on Saturday. Depending on snow conditions, skiing may also occur on the main ski trails at base of mountain. A warming hut and ski patrol will be available at the summit.

**Participants:** The on-snow camp is an overnight winter training camp for Kootenay regional skiers born 2002 - 2010 (ages 9-16). The goals of the camp is for the skiers to have fun, make new friends, get an early season snow experience with some great tips to prepare them for the coming season.

**Masters:** In addition, an adult Masters ski camp is offered to tune up your skills for the season.

**Host Club:** Toby Creek Nordic Ski Club

**Coaching:** Graham McLean – X-Country BC , Ted Bigelow, [ted.bigelow3@gmail.com](mailto:ted.bigelow3@gmail.com), Darren Tamelin- [Darren.tamelin@canfor.com](mailto:Darren.tamelin@canfor.com)

#### **Registration:**

Register at Zone4.ca Go to:

<https://zone4.ca/register.asp?id=21937&lan=1&cartlevel=1>

**Parent/Club Coaches:** Please come and participate alongside other coaches. We will need assistance for group activities on Saturday and Sunday. Please notify Ted Bigelow if you are able to help.

**Accommodation:** Athletes can stay in Panorama accommodation. Separate Panorama Accommodation bookings required. Quote the **Teck Regional Camp- Promo Code: XC2020**. The code gives you access to 30% off before Nov 1<sup>st</sup> 2018 bookings and 15% off afterwards. Contact Panorama for bookings at:

<https://www.panoramaresort.com/planning/lodging-at-panorama/>

Panorama Mountain Resort

Phone: 1.800.663.2929

Your accommodation booking includes:

- Access to the Pine Inn gym which features a selection of free weights and exercise machines
- Use of the Panorama Springs hot pools facility

The focus for the camp is FUN, as well as time to bond with your teammates and other clubs. Athletes are expected to demonstrate respectful, supportive and inclusive behavior at all times. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or coaches will be responsible for all meal times other than the Saturday dinner, as well as evening/nighttime supervision.

**Camp Start Time:** 6:30 PM on Friday November 22, at Panorama Athlete Lodge. Participants are expected to arrive on time.

**Camp End Time:** 2:30 pm (approximately) on Sunday November 24th.

**Camp Fee:** The camp fee is \$70.00 and includes a group Saturday evening dinner. In addition, \$25 Panorama Lift tickets will be required for high elevation skiing (to be purchased at ticket booth). Accommodation and other meals are responsibility of participants.

**Parent/Club Coaches:** \$25 Lift tickets will be required to be paid on Saturday at ticket booth if you wish to join us. Additional dinner tickets can be purchased on Zone4.

#### **Food:**

- Please eat dinner prior to the commencement of camp.
- We will provide dinner on Saturday only.
- Bring snacks, lunch and drinks for Saturday and Sunday. A small backpack will be helpful
- Specific dietary concerns should be noted on Zone4.ca

Participating Club Coaches are encouraged to attend and assist with planned events for your team.

#### **What to Bring List:**

**Bring appropriate WARM clothing for skiing at high elevations.** Please leave electronic devices away for the weekend!

-all gear for classic and skating sessions (skis, poles, boots)

-skis glide waxed and ready to go

- basic wax box and a few basic waxes (glide and grip waxes) that can be put in your pack
- ski suit & warm-ups, running shoes
- running/workout clothes
- heart rate monitor
- outdoor clothes for all weather conditions
- homework
- bathing suit
- **small backpack for packing lunch and drinks on Saturday to top of mountain.**
- personal toiletry items, including a towel
- water bottles
- medical number