



Teck Regional Snow Camp – Kootenay Region
Golden Nordic Ski Club, December 4th-6th 2015

Location: Golden Nordic Ski Club chalet, 1695 Hector Trail, past Kicking Horse Mountain Resort. After passing the KHMR lodge, hotels, etc, turn right at the top of the hill (4 way junction). Keep going for about 1 km until you get to the lodge.

Ages: Target ages 9-15, 8-17 year olds welcome. All athletes under 10 years old must have a parent or adult responsible for them to stay overnight with them at the lodge (Friday and Saturday night).

Coaches: Head Coach Ghislain de Laplante, CCBC coach Graham MacLean, Track Attack coach Mark Dascher, Junior racing coach Vicky Wilson and many more helpers.

Accommodations: We will use the Golden Nordic chalet for accommodation. There are washrooms, a small kitchen and lots of places to sleep. In the very unlikely event that we can find other accommodations for a reasonable cost, we will stay in houses near Dawn Mountain. Note that this may entail an increase in fees, no more than \$20 extra.

Camp Fee: Cost of the camp is \$80 for all ages. Increases to \$100 on November 25 and closes on November 30. This includes trail fees, use of the GNSC chalet, snacks on all camp days, breakfast Saturday and Sunday, lunch Saturday and Sunday and dinner Saturday.

For guests/parents not registered for the camp: Regular trail day use fees also apply at \$12 per person.

Parent/chaperone duties: Parents and chaperones are expected to help with transportation to/from Dawn Mountain, and are required to assist with evening/night time supervision. In addition, Friday night's dinner is pot luck style and everyone is expected to bring something to share.

Registration: <https://zone4.ca/reg.asp?id=10556>

Registration opens November 1st.

The focus for this camp is FUN, as well as time to bond with your teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or chaperones will be responsible for evening/night time supervision.

Contact: Ghislain de Laplante, goldennordiccoach@gmail.com or 250-272-9481

Schedule:

Friday:

2:00pm – Arrival at GNSC chalet and check-in

2:30pm – Goal setting for the weekend, discussion of expectations and short meeting.

3:00pm – 5:00pm - Easy Z1 classic ski.

5:30pm – 6:30pm – Pot luck dinner!

6:30pm – 7:30pm – Athlete meeting, followed by light core strength, stretching and fun team-bonding activity

7:30 pm – 8:30pm – Guest lecture at GNSC chalet

Saturday:

8:00am – wake-up and short activation run

9:00am – 12:00 Classic ski, Z1 with sprints and technique focus

12:00pm – 1:00pm – lunch at GNSC chalet

1:00pm - 2:30pm – quiet time and rest

3:00pm - 5:00pm – Skate ski, including games in stadium and use of Skills Park. Technique focus.

5:00pm - 6:00pm – Lecture at the GNSC chalet

6:00pm – 8:00pm – Dinner at the Golden Nordic chalet

Sunday:

8:00am – wake-up and short run followed by core session

9:00am – 12:00pm – skate ski sprint races, format TBD

12:30pm – lunch and clean-up prior to departure.

Checklist (*check off items as they are packed*)

- Skis (classic and skate) *Your skis must be clean and scraped!*
- Boots (classic and skate, or combi) *Make sure they still fit.*
- Poles (classic and skate) *Make sure they still fit.*
- Selection of grip waxes and/or klister
- Tools and supplies to clean skis (scraper, wax remover, paper towels)
- Drink belt/bottle holder
- Ski clothing
 - lycra (race) suit
 - long underwear
 - warm up pants and jacket
 - toque
 - gloves
- Running shoes
- Heart rate monitor (older athletes)
- Comfortable after ski clothing
- Personal toiletries
- Towel and bathing suit
- Homework.
- Sleeping stuff:
 - sleeping pad
 - sleeping bag
 - pillow

Please refrain from bringing any electronic devices for the duration of the camp. Games, videos, etc. will not be permitted during the camp. Cards, board games, books etc. are encouraged.

See you at the Golden Nordic Ski Club!