



**TECK NORTHERN REGIONAL SNOW CAMP**

***December 2-4, 2016 in Smithers, BC***

**Location:** Bulkley Valley Nordic Centre

Website: [www.bvnordic.ca](http://www.bvnordic.ca)

**Ages:** Target ages 9-14 year olds. All athletes under 10 years old must have a parent or adult responsible for them to stay overnight at the lodge (Friday and Saturday night). Juniors are welcomed but planning something different for those ages who are keen racers so please contact BV or CNSC Head Coaches for that information.

**Coaches:** Bulkley Valley Cross Country Ski Club Head Coach, Lisa Perry; Caledonia Nordic Ski Club Head Coach, Graeme Moore; Snow Valley Coach, Travis Carter and more Train to Train and Learning to Train Certified coaches from the Northern Region.

**Accommodations:** We will use the Bulkley Valley Nordic Lodge for accommodation. There are washrooms, a small kitchen and lots of places to sleep on the floor.

**Camp Fee:** Cost of the camp is \$70 for all ages (\$50 for second child). Increases to \$85 (no second child option) on November 21 and closes on November 28. Maximum participants is 50 athletes.

The fee includes trail fees, use of the BV Lodge, snacks on all camp days, breakfast and lunch Saturday and Sunday, and dinner Saturday, plus the time and energy of all the coaches and volunteers to make this camp AWESOME for Skill Development and FUN 😊

For guests/parents not registered as coach for the camp: Regular trail day use fees also apply at \$10 per person and can be purchased at lodge.

**Parent/chaperone duties:** Parents and chaperones are expected to help with transportation to/from Bulkley Valley Nordic Centre, and are required to assist with evening/night time supervision as well as clean up duties during meal and snack times.

**Registration:** [www.zone4.ca](http://www.zone4.ca). Search "Teck Regional Snow Camp (Northern)"

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.

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

- Skis (classic and skate) *Your skis must be clean and scraped! Check snow conditions, if not much snow you may want to bring older skis.*
- 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
- Snow Boots
- Heart rate monitor (older athletes)
- Comfortable after ski clothing
- Personal toiletries
- Towel and bathing suit
- Homework.
- Sleeping stuff:
  - sleeping pad
  - sleeping bag
  - pillow
  - ear plugs
  - headlamp

Please refrain from bringing any electronic devices for the duration of the camp. Games, videos, etc. will not be permitted during the camp.

## Schedule (Draft):

Friday	Event	
5:00pm	Registration	
6:00	Outdoor Icebreaker Games (bring snow boots) and Indoor activities	
7:30	Snack	
7:45	Camp info session	
8:15	Easy Stretching/Core	

9:00pm	Quiet time	
9:15	Lights Out—Big day of skiing tomorrow 😊	Older athletes may read with headlamps

<b>Saturday:</b>	<b>EVENT</b>	
7:30 am	Breakfast and clean-up	
8:45– 9:15	Warm-Up, Balance and Agility	
9:30	Ski Session	
10:30	Snack	
11:00	Ski Session	
12:00	Lunch and clean-up	
1:00	Ski Session	
2:30	Snack	
3:00	Ski Session/Swim Time for younger athletes	
5:30	Free Time	
6:00	Dinner and clean-up	
7:00	Group Activity or/& Presentation	
8:30	Easy Stretching/Core	
9:00pm	Quiet time	
9:15	Lights Out—Big day of skiing tomorrow 😊	Older athletes may read with headlamps
<b>Sunday</b>		
7:30 am	Breakfast and clean-up and pack up	
8:45-9:00	Warm-Up, Balance and Agility	
9:00	Ski Sessions—Obstacle course/relays	
10:00	Snack	
10:15	Ski Sessions---Scavenger hunt/relays	
11:20	Group Photo	
11:30	Lunch	
	Wrap-up, thank you's over lunch	

**See you at the Bulkley Valley Nordic Centre!**