

**Regional Camp  
Northern**



**Teck**

**CALEDONIA**  
N O R D I C • S K I • C L U B

**TECK REGIONAL DRYLAND CAMP (NORTHERN BC)**

**Sept 29-Oct 1, 2017**

**Prince George, BC**

*This is an overnight dry-land camp for Northern BC skiers born **2008** and older. Activities will include Skate roller skiing, ski striding, running, yoga and strength/agility. Athletes will stay in the ski lodge on the Friday and Saturday night, and will be involved in food preparation and cleanup. Coaches and Parent Coaches lets gather for some coaching development opportunities! If you are a Biathlete in Northern BC we will have one shooting session on Saturday under the lights, lead by our Coach Bobby Krietz as well as home- town Hero Matt Neumann.*

**Host Club:**

Caledonia Nordic Ski Club  
8141 Otway Road  
Prince George, BC

**Camp Coaches:**

Chris Manhard, Provincial Team Coach Cell: 604-698-8512 <a href="mailto:skixcountry@gmail.com">skixcountry@gmail.com</a>	Graeme Moore Head Coach Caledonia Nordic 403-396-6589 <a href="mailto:headcoach@caledonianordic.com">headcoach@caledonianordic.com</a>	Bobby Krietz Biathlon Coach Caledonia Nordic <a href="mailto:biathlon@caledonianordic.com">biathlon@caledonianordic.com</a>
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**Registration:**

Register at [Zone4.ca](http://Zone4.ca)

Registration opens on Friday, September 1<sup>th</sup> and will close on Tuesday, Sept. 24<sup>th</sup> at midnight. Late Registration will NOT be accepted. Thanks for understanding our organizational needs.

**Spaces are limited so please register early to avoid disappointment.**

**Camp Begins:** Fri. Sept. 29th - 7:00 pm at Otway Ski Club (please eat before arrival)

**Camp Ends:** Sun. Oct 1st, 2:30 pm (approximately) at Otway Ski Club

***This camp has a full participation policy.*** This means that participants are expected to arrive when the camp starts on Sept 29<sup>th</sup> and stay until the camp ends on October 1<sup>th</sup> unless you have made prior arrangements with the Graeme Moore.

***Camp Fee:*** The camp fee is \$130.00. This includes the Zone4.ca processing fees.

***Accommodations:***

-We will be using the main lodge and technical buildings to house our athletes and parents. Parents you are welcome to stay, and if we know in advance we can find you a quiet place ☺ There are not showers on site.

- Older Athletes and Families are welcome to Pitch a Tent on Site if preferred. Please note that there are bears in the area.

- Parents If your athlete is 12 years of age and younger you are required to sleep onsite with your athlete or find another adult to help supervise.

- Local athletes are encouraged to stay on site for the duration of the camp.

***Food:***

-Please eat before arrival on Friday evening. Breakfast Saturday through to Sunday lunch are included in registration fee. Healthy snacks will be provided for the entire duration of the camp, however if you have specific need please plan ahead.

-Parents/Coaches *If you are on our volunteer/coach list we will cover your meals and accommodations for the weekend. Please contact Graeme to be on this list!*

***Camp Extras:***

- Please notify Head Coach of any allergies, special dietary requirements, or relevant medical conditions (also complete relevant fields on the online Registration)

- Please leave electronic devices at home for the weekend!!!!

(You'll have so much fun that you won't miss them)

***Parents:***

We are looking for volunteers in varying capacities:

- Group Sweeps in runs, ski bounding, Overnight supervisors, Food Prep and clean up supervisors, lead or assist in games, team building activities.
- *Parent coaches/coaches* please come and learn along side other coaches. We would like to have an opportunity for you to learn and develop as well in a mentorship setting.
- *If you are on our volunteer list we will cover your meals and accommodations for the weekend.*

### ***Biathlon:***

We will be providing one shooting session for Biathletes on Saturday evening under the lights. You will need your own rifle, ammunition, all safety and shooting equipment you need. If you have questions please contact Bobby directly.

***Teck T-Shirts:*** T-Shirts will be provided to each participant 16 years and under at this camp.

### ***Dry-land Camp Packing List:***

***\*\*\*Please have all items well marked with first and last name and club.\*\*\****

- B.C. Care Card/ Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sun block
- Sunglasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Rain Jacket and Pants.
- Training clothes for very hot through to cold, wet and miserable weather
- Sleeping Bag, Sleeping Mat, Pillow
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves for roller skiing and for being outside in other training.
- Daypack suitable for hiking and moving your items to offsite training locations.
- Running Shoes
- Ski Striding Poles (10 cm shorter than regular classic poles - i.e. mid-chest height)
- Heart Rate Monitor (For athletes 14 and older)
- Water bottles/ Water Belts. (2x 1 L bottles)
- Headlamp + Batteries.
- Small personal first aid kit
- Yoga mat or foamy
- Skate Roller Ski Equipment (ALL)
  - Includes: Roller Skis (blades), poles with carbide tips, boots, helmet, reflective vest, gloves

**\*Reflective vests or HI VIS T-shirts and helmets are MANDATORY** for roller ski sessions.

\*You will **not** be allowed to participate in roller ski sessions if you do not have them.