

# Regional Camp Okanagan



# Teck

## Camp Schedule:

### Teck Okanagan Regional Dryland Camp - Revelstoke

#### Friday, September 20<sup>th</sup>

- 7:00 pm** Welcome and Games
- 8:00 pm** Camp Orientation and Evening Snack
- 8:30 pm** Coaches Meeting
- 9:00 pm** Athletes in Tents
- 9:30 pm** Quiet!

#### Saturday, September 21<sup>st</sup>

- 7:30 am** Morning Activation!
- 8:00 am** Breakfast
- 9:00 am** Depart for Skate Rollerski @ Mt. Begbie Rd – *Old Folks*
- 9:00 am** Start Skate Rollerski @ Camp – *Young Guns*
- Noon** BBQ Lunch
- 1:00 pm** *Coaches: Hans- Christer Holmberg: “XC skiing – fast, faster and even faster”*  
*Athletes: Recovery*
- 3:00 pm** Orienteering and Strength @ Camp
- 4:30 pm** Disc Golf Tourney @ Camp
- 6:30 pm** Dinner
- 8:00 pm** *Athletes: Discussion with Hans-Christer Holmberg*
- 9:00 pm** Athletes in Tents
- 9:30 pm** Quiet!

#### Sunday, September 22<sup>nd</sup>

- 7:00 am** Morning Activation!
- 7:30 am** Breakfast
- 8:30 am** Depart for Long Run / Ski Walk @ Macpherson
- Noon** Lunch
- 12:30 pm** Clean Up and Departure