

**Regional Camp
Okanagan**



Teck

Camp Notice:

Teck Okanagan Regional On-Snow Camp #2

Host Club: Revelstoke Nordic

Regional Coach: Matthew Smider: coach@revelstokenordic.org; (250) 683-9012

Dates: Friday, November 22nd to Sunday, November 24th. Camp has a full participation policy and participants are expected to stay through entire camp.

Eligibility: Skiers born 2007 – 2011. If born in 2011, must have designated parent/guardian accompaniment.

Location: Silver Star Mountain

Accommodation: We will have athletes and coaches staying at both the Pinnacles Suite Hotel (9885 Pinnacles Rd) and Vance Creek Hotel (Silver Lode Ln).

Camp Begins: 6pm on Friday, November 22nd. Please arrive on time. Dinner will not be provided on Friday, so please come fed or prepared to make your own meal.

Camp Ends: 1pm on Sunday, November 24th. Lunch will be served prior to end of camp.

Registration: Eligible athletes, coaches and coach helpers may register on zone4.ca until Thursday, November 14th at 11:59pm PST (or until full). Registration will be open to 40 athletes, plus coaches and coach helpers.

Camp Fee: \$250 athletes; Free for coaches (L2T-trained); \$150 for coach helpers (not L2T-trained). Includes online processing fees; accommodation for Friday and Saturday nights; Saturday breakfast, lunch and dinner and Sunday breakfast and lunch; trail passes for Saturday and Sunday; and a CCBC Teck hat.

Packing List:

- Towel
- Ski, boots and poles for classic and skate skiing (rock skis may be best)
- Basic tools (scraper, cork) and basic grip waxes
- On-snow training attire
- Outdoor clothes for winter conditions
- Running shoes
- HR monitor (if you own one)
- Personal hygiene items
- Water bottle and carrier
- Head lamp
- Unparalleled enthusiasm for getting on snow!