

***Teck Regional Snow Camp – 2019***

***Vancouver Island – Coast***

**Hosted by Strathcona Nordic Ski Club**

- Camp:** Teck Regional Snow Camp 2019 – Vancouver Island - Coast
- Dates:** December 27-30, 2019
- Location:** Mount Washington Nordic Centre, Raven Lodge, Mt Washington
- Contact:** Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches:** Andrea Stapff, Marika Galik, Kate Scallion, Emmy Stapff, David Li, Gavin MacPhail, Jim Bratrud, Alexandra Apedaile, Sophia Sauter, Michaela Jelen.
- Eligibility:** This camp is open to skiers who are current members of a club racing program: Devos/Track Attack, Juniors or Masters from any Coast region club.
- Camp Start Time:** 1:30pm Thurs. Dec. 27. This camp is organized in a day camp format. Meals and accommodation are NOT provided. This year the camp includes a Lantern Ski in the early evening of Dec. 27, a conversation with Strathcona Alum, U23 World Champion and 2020 Tokyo Olympic Games bound rower, Avalon Wasteneys and the BCWG Zone 6 Trials and Club race, open to all participants. Entry in the trials and club race is FREE or by donation.
- Camp End Time:** 12:00pm Sun. Dec. 30.
- Camp Fee:** \$30 per athlete. In addition, all camp participants, athletes and coaches, require a Mt Washington trail pass or season pass for each day.
- Camp Registration:** On-line through Zone4.ca only ([click here](#)) Registration closes Mon. Dec. 23
- BCWG Zone 6 Trials and Club Race:** On-line through Zone4.ca only, and separate to camp registration.
- Inquiries:** Andrea Stapff  
[andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)  
250-202-7096

## ***Teck Regional Snow Camp – 2019***

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#### **What to Bring:**

- ✓ classic wax-able and skate skiing gear (skis, poles, boots)
- ✓ kick waxes, cork (Juniors and Masters)
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ snacks for pre/post training
- ✓ heart rate monitor (Juniors and Masters)
- ✓ lunch or lunch \$

#### **Camp Itinerary:**

##### Friday December 27

12:30pm – **coaches meeting** – Raven Lodge

1:30pm – camp start

1:30-3:30pm – **all athletes, meet in stadium – SKATE:** dynamic warm-up, skills, sprint starts and technique groups

4-6pm – **all athletes, coaches, families welcome – SNSC Lantern Ski and Social** with hot chocolate on the trail, Raven Lodge Café open til 8pm

##### Saturday December 28

9:15am – arrival and classic ski prep/waxing

10am-noon – **all athletes, meet in stadium – CLASSIC:** dynamic warm-up, skills, sprint finishes and technique groups

1-1:30pm – a conversation with Avalon Wasteneys

1:30-3pm – **Juniors/Masters – CLASSIC:** transitions

1:30-2:30pm – **Devos – CLASSIC:** Off-Road Adventure (or other activity)

##### Sunday December 29

9:15am – arrival and classic ski prep/waxing

10:30am – **all athletes, BCWG Trials and club race – CLASSIC:** race warm-up, RACE, race cool-down, awards

1:30-3pm – **Juniors/Masters – CLASSIC:** zone 1 volume ski

1:30-2:30pm – **Devos – CLASSIC:** Optional ski (coaches will confirm)

##### Monday December 30

10am-noon – **all athletes, meet in stadium – SKATE:** Agility, Sprints, Relays, FUN!!

Noon – camp end