



Presented by Strathcona Nordic Ski Club, Courtenay, BC

Name of Camp: Teck Regional Snow Camp (Coast-Island) 2015

Dates: December 28-31, 2015

Location: Mount Washington Nordic Centre at Mount Washington Alpine Resort, Courtenay, BC

Contact: Andrea Stapff (Head Coach/Camp Coordinator)

Camp Coaches: Andrea Stapff, Tim McGrady, Brad Fraser, Berend Henckel, Gavin McPhail, Sarah Henckel, Dave Damery

Camp Start Time: 9:30 am Monday Dec 28. This camp is organized in a day camp format with two sessions per day beginning at 9:30 am and 1:00 pm. Meals are not provided. Accommodation is not provided.

Camp End Time: Noon on December 31 for Masters and Junior (T2T or L2C) athletes and 2:30pm on December 30 for Devo (L2T or Track Attack) athletes.

Camp Fee: Free!

Ages: This camp is open to ski racers 8 years of age and up!

Registration: On-line through Zone4.ca: [HERE](#)

Every participant between the ages of 8 and 16 will receive an AWESOME Teck Camp T-Shirt!

Inquiries: Andrea Stapff
andrea.stapff@gmail.com
250-202-7096

Berend Henckel (Devo/Learn to Train athlete inquiries)
langlaugstrathcona@gmail.com



What to Bring:

- ✓ all gear for classic and skate skiing (skis, poles, boots)
- ✓ skis glide waxed and ready to go
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ snacks for pre/post training
- ✓ yoga mat (jr and masters race team athletes)
- ✓ heart rate monitor (jr and masters race team athletes)
- ✓ lunch or \$ to purchase lunch in Raven Lodge

A full camp agenda will be posted on the Strathcona Nordic Ski Club website (www.strathconanordics.com) by December 23, 2015.