

**Regional Camp
Kootenay**



Teck

Teck Kootenay Regional Snow Camp

November 24-26, 2017: Invermere's Panorama Mountain Resort, BC

The on-snow camp is an overnight winter training camp for Kootenay regional skiers born 2000 - 2008 (ages 9-16). The goals of the camp is for the skiers to have fun, make new friends, get an early season snow experience and get some great tips to prepare them for the coming season. The Panorama Mountain Resort venue will provide a unique high altitude training environment. Activities will include wax tips, season preparation, team builders, downhill, double poling, classic and skate sessions. All actual ski sessions will be focused on zone 1 and 2 (LSD long slow distance). Teck-branded ball caps will be provided to each participant attending the camp.

Location: Invermere, BC- Panorama Mountain Resort <https://www.panoramaresort.com/>

Host Club: Toby Creek Nordic Ski Club

Head Coach: Graham McLean – X-Country BC

Regional Coach: Ted Bigelow- ted.bigelow3@gmail.com

Assistant Coach: Darren Tamelin- Darren.tamelin@canfor.com 250-342-1537

Registration:

Register at Zone4.ca Go to: <https://zone4.ca/register.asp?id=16034>

Registration closes November 10, 2017.

Accommodation: Athletes can stay in Panorama accommodation with optional meal plans. Separate Panorama Accommodation bookings required- see attached information sheet. Contact Amy for bookings at:

Amy Green
Racing and Competitions Coordinator
Panorama Mountain Resort
Phone: 250-341-3031
amy.green@panoramaresort.com

Book prior to Sept 15 for reduced rates. Your accommodation booking includes:

- Access to the Pine Inn gym which features a selection of free weights and exercise machines
- Use of the Panorama Springs hot pools facility

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Camp Start Time: 6:00 PM on Friday November 24th at Panorama Athlete Lodge. Participants are expected to arrive on time.

Camp End Time: 2:00 pm (approximately) on Sunday November 26th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on November 24th and stay until the camp ends on November 26th unless prior arrangements have been made with the Head Coach.

Camp Fee: The camp fee is \$40.00 and includes a group Saturday evening dinner. This **DOES NOT** include accommodation (Friday and Saturday nights), **OR** meals (Saturday breakfast through to Sunday lunch) and lift passes. Lift passes to high elevation trails will be \$25/person.

Food:

- Dinner will **NOT** be provided on Friday night. Please eat dinner prior to the commencement of camp.
- We will provide dinner on Saturday only. All other breakfast and lunches will **NOT** be provided.
- Snacks and sport drink will **NOT** be provided.
- Specific dietary concerns should be noted on Zone4.ca

Participating Club Coaches are encouraged to attend and assist with planned events for your team.

What to Bring List:

all gear for classic and skating sessions (skis, poles, boots)

skis glide waxed and ready to go

- basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- paper towels
- ski suit & warm-ups, running shoes
- heart rate monitor
- outdoor clothes for all weather conditions
- homework
- bathing suit
- small backpack for packing lunch and drinks on Saturday to top of mountain.
- personal toiletry items, including a towel
- water bottles
- medical number