

## **TECK 2016 Regional Spring Snow Camp Coast – Vancouver Island**

**MT WASHINGTON  
APR 29 – MAY 1, 2016**

Piles of snow – so let's go! Time to kick-start the new season with some superb spring skiing, team challenges, team bonding, and mostly tons of FUN!

**Location: Mt Washington – Upper Nordic Trails**

**Athletes:** This camp is open to any current Junior or Devo athlete and especially welcomes any new athletes wishing to join the SNSC Junior or Devo programs. Current or interested SNSC Masters athletes are also welcome and encouraged to attend.

Additionally, this camp is also open to and welcomes race team athletes from mainland clubs.

Based on the Long Term Athlete Development model, athletes in the Learn to Train (Devos, age 8-11), Train to Train and Learn to Compete (Juniors, age 12-18) stages of development will benefit from this camp.

**Coaches:** Head Coach Andrea Stapff, Junior Team Coaches Tim McGrady & Brad Fraser, Devo Team Coaches Dave Damery, Sarah Henckel & Gavin MacPhail

**Accommodation:** Vancouver Island Mountain Sports Centre and Chateau Cona

### **Registration & Cost:**

Juniors – Full Camp - \$170 - Friday 4pm to Sunday 8pm, includes two nights accommodation, all meals/snacks and activity/training sessions.

Devos – Full Camp - \$140 - Friday 4pm to Sunday 4pm, includes two nights accommodation, all meals/snacks and activity sessions.

Masters – Day Camp - \$30 per day – 9am to 4pm, Saturday and/or Sunday, includes lunch and morning and afternoon training sessions.

***The focus for this camp is FUN and time to bond with your teammates.*** Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

**Registration and payment is on [www.zone4.ca](http://www.zone4.ca), deadline to register is April 26.**

**For registration inquiries please contact [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)**

## **Training and Activity Times:**

**Friday:** 4:00pm – arrival

4:30pm – training/activity

6:00pm – dinner

7:00pm – evening activity followed by team meeting

9:30pm – lights out

**Saturday:** 7:15am – wake-up, activation, breakfast

9:00am to 11:30am – training – skate technique and volume ski

12:00pm – lunch

1:00pm to 2:00pm – quiet time and rest

2:00pm to 4:00pm – training – classic technique and volume ski

5:30pm - dinner

7:00pm – evening activity followed by team meeting

9:30pm – lights out

**Sunday:** 7:15am – wake-up, activation, breakfast

9:00am to 11:30am – training – skate technique and volume ski

12:00pm – lunch

1:00pm to 2:00pm – quiet time and rest

2:00pm to 4:00pm – Juniors – training – classic technique and volume ski

2:00pm to 3:30pm – Devos – activity followed by clean-up/pack

3:30pm – Devos parent meeting, departure 4:00pm

5:30pm – Juniors – dinner

7:00pm – Juniors – team meeting followed by clean-up/pack, departure 8:00pm

## **What to bring:**

Training gear – expect the worst, be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes, running shoes.

Equipment – skate and classic skis/boots/poles, heart rate monitor (Juniors), water bottle, hat, sun glasses, sunscreen.

Comfortable lounging around clothing, towel, personal items.

Home work!!

***Use of electronic devices during training sessions, quiet hour, group activities and meetings and after lights out are NOT permitted.***

**See you on the Mountain!**