

**Regional Camp  
Coast**



**Teck**

## **TECK 2019 Regional Spring Snow Camp**

### **Coast – Vancouver Island**

***MT WASHINGTON***

***May 10-12, 2019***

Start the new season with some Nordic FUN - on snow!!!

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

**Youth Athletes:** This camp is open to any current Junior or Devo (Track Attack) athlete and especially welcomes any **NEW** athletes wishing to join the SNSC Junior or Devo programs. Additionally, this camp is open to and welcomes athletes from mainland cross country ski clubs.

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

**Master Athletes:** Master athletes are welcome to attend the camp.

[In the event of insufficient snow pack, the camp will become a dry-land camp.](#)

**Coaches:** Andrea Stapff, Marika Galik, Jim Bratrud, Nick Holyome, David Li, Marilyn Atkinson.

**Accommodation:** Vancouver Island Mountain Centre and additional mountain accommodations. The intent for youth athletes is an overnight camp experience. Parent volunteers are needed and receive free accommodation and meals for assisting with chaperoning. Please contact Andrea Stapff if interested in volunteering.

Masters athletes are welcome to attend during the day only or if interested, can stay overnight. Accommodation for masters is limited. If interested in staying overnight please contact Andrea Stapff **BEFORE** registering.

## Registration & Cost:

Juniors/Masters – Full Camp - \$150 - Friday 4pm to Sunday 1pm, includes accommodation, meals/snacks, four training sessions, trail grooming, evening activities.

Devos (Track Attack) – Full Camp - \$120 - Friday 4pm to Sunday 1pm, includes accommodation, meals/snacks, four activity or training sessions, trail grooming, evening activities.

Masters – Day ONLY – Saturday - \$25, includes two training sessions, lunch, trail grooming.

Masters – Day ONLY – Sunday - \$15, includes one training session, lunch, trail grooming.

***The focus for this camp is FUN: skiing with your friends and teammates while working toward improving your skiing technique.*** 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 May 1, 2019.**

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

## Training and Activity Times:

- Friday:**
- 4:00pm – arrival
  - 4:30 to 6pm – Devos – training activity
  - 4:30 to 6pm – Juniors/Masters – classic volume ski
  - 6:30pm – dinner at group accommodations
  - 8:00pm – evening activity
  - 9:30pm – Devos – lights out
  - 10:00pm – Juniors – lights out
- Saturday:**
- 7:15am – wake-up, activation
  - 7:30am - breakfast
  - 8:30 to 11:00am – Juniors/Masters – skate technique and volume ski
  - 8:30 to 10:30am – Devos – skate technique and adventure ski
  - 11:30am – lunch
  - 1:00 to 2:00pm – quiet time and rest
  - 2:30 to 4:30pm – Juniors/Masters – classic technique and volume ski
  - 2:30 to 4:00pm – Devos – classic technique and adventure ski
  - 5:30pm – dinner at group accommodations
  - 7:30pm – evening activity
  - 9:30pm – Devos – lights out
  - 10:00pm – Juniors – lights out

**Sunday:** 7:15am – wake-up, activation  
7:30am – breakfast  
8:30 to 11:00am – Junior/Masters – skate relays and adventure ski  
8:30 to 10:30am – Devos – skate relays and adventure ski  
11:30pm – lunch  
12:30 to 1:00pm – clean-up and end of camp

### **What to bring:**

Training gear – 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 (klisters will be provided), heart rate monitor (Juniors), drink belt, hat, sun glasses, sunscreen.

Comfortable lounging around clothing, towel, personal items. (All bedding will be provided.)

A great attitude!!

***Electronic devices may NOT be used during training sessions, quiet hour, group activities, meetings or after lights out.***

**See you on the Mountain!**