

**Regional Camp  
Coast**



**Teck**

**TECK COAST REGIONAL DRYLAND TRAINING CAMP**  
**July 15-17, 2016, Whistler, BC**

This is an overnight dryland training camp for Sea-to Sky skiers born 2007 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercises. We also have other fun summer activities planned including swimming and more! Athletes will stay in group accommodations and will be involved in food preparation and cleanup.

**Host Club:** Hollyburn Cross Country Ski Club

**Head Coaches:**

Jake Weaver 604-619-2075 [biweaver@shaw.ca](mailto:biweaver@shaw.ca)

Graham Maclean 403-688-1918 [geemac00@gmail.com](mailto:geemac00@gmail.com)

**Registration:**

Register at Zone4.ca Go to: <https://zone4.ca/reg.asp?id=12666>

Registration Closes Wednesday June 29, 2016 or when full.

We will also need you to fill out and return a signed copy of the following waiver for the high ropes course activity at Tree Top Adventures.

[http://tagwhistler.com/TAGWP/wp-content/uploads/2015/06/Superfly-Waiver-Final-July-2014\\_014\\_unlocked.pdf](http://tagwhistler.com/TAGWP/wp-content/uploads/2015/06/Superfly-Waiver-Final-July-2014_014_unlocked.pdf)

**Camp Begins:** Fri. July. 15, 7:00 pm at Whistler Athlete Lodge.

Participants are expected to have had dinner prior to the start of the camp. Friday dinner will not be provided. The first meeting will be at 8:00 pm.

**Camp Ends:** Sun. July 17, 2:00 pm (approximately)

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on July 15 and stay until the camp ends on July 17 unless you have made prior arrangements with the Head Coach.

**Camp Fee:** The camp fee is **\$150.00** plus Zone4.ca processing fees. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and all activities.

**Volunteers Required:** We will need parent volunteers to help with various tasks including driving, being an extra adult along on run/hikes and helping with the food shopping and preparation. If you can help look for the volunteer sign up on the zone4 registration.

**Accommodations:** We will stay at the Tyrol Club Lodge in Whistler. It is a rustic building with a hostel-like set up. **You will need to bring a sleeping bag and pillow. Bedding is not provided.** We are guests in this private club so we must be very respectful of the Lodge and property.

## **Dryland Camp Packing List**

-Sleeping bag and pillow– essential.

- B.C. Care Card/ Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Sun glasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Bathing Suit
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Long underwear
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running shoes with closed toes
- Rollerski equipment for Skate and, if you have it, Classic (rollerskis, poles with road tips, boots, helmet, reflective vest)

\*\*\*\***Reflective vests and helmets are MANDATORY** for roller ski sessions.

\*\*\*\*You will not be allowed to participate in roller ski sessions if you do not have them.

- Ski striding poles (10 cm shorter than regular classic poles ie. mid-chest height)
- Heart rate monitor (if you have or can borrow one)
- Water bottles and carrier
- Head lamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Recovery bars
- Positive attitude and lots of enthusiasm!!!

### **CAMP EXTRAS:**

- Please notify camp coordinator of any allergies, special dietary requirements, or relevant medical conditions
- Please leave electronic devices at home for the weekend!!!!!! (You'll have so much fun that you won't miss them)