

**Regional Camp  
Coast**



**Teck**

## **2019 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL**

Hosted by: Strathcona Nordic Ski Club

**September 20-22, 2019**

**Miracle Beach Provincial Park, Black Creek, BC, Group Campsite**

Coaches: Andrea Stapff, Marika Galik, Kate Scallion, Emmy Stapff, Jim Bratrud, Nick Holyome, Gavin MacPhail, Alexandra Apedaile

This camp is open to any race team athlete, Devo (Track Attack) or Junior, from any Vancouver Island/Coast club.

Accommodation is tent camping; please organize yourselves into tent groups in advance of the camp. All meals will be provided from dinner on Friday to lunch on Sunday. Every participant is asked to bring a healthy snack (doz muffins, loaf, doz energy balls, etc) to contribute to group snacks and desserts.

### Friday

- 4:30pm – arrival at group campsite, set up tents
- 5:30pm – camp meeting, dynamic warm-up and easy group run
- 6:30pm – dinner
- 9:30pm – lights out

### Saturday

- 7:30am – activation
- 7:45am – breakfast (and make lunch)
- 8:30am – Juniors: skate roller ski – Hamm Rd, time trial and intervals  
Devos: easy run and strength
- 1:00pm – Juniors: goals review  
Devos: beach games
- 3:30pm – Juniors: easy run and strength  
Devos: skate roller ski, agility course
- 5:30pm – dinner
- 6:30pm – all camp activity
- 9:30pm – lights out

## Sunday

7:30am – activation

7:45am – breakfast (and make lunch), take down tents, pack up personal gear

8:45am – Juniors: classic roller ski – Mt Washington, hill climb

Devos: skate roller ski – technique

12:00pm – pick-up

### What to bring:

- Your own **labeled** bowl, plate, utensils, water bottle, drink belt, HR monitor (if you own one)
- Personal items, tent, sleeping bag/pad, towel
- Training clothes: high visibility shirt or vest for roller skiing, helmet, gloves, skate boots, classic boots (Jrs only), poles and roller skis (club skate roller skis will be provided for Devos who do not have their own)
- Rain gear, warm layers
- A GREAT attitude!

Mobile devices may not be used during ANY training session, group session, meal times or after lights out.