



TECK OKANAGAN REGIONAL FALL DRYLAND CAMP 2015 - CAMP NOTICE

HOST CLUB: Sovereign Lake Nordic Club

DATES: 6pm Friday September 11th – 1pm Sunday September 13th 2015

ELIGIBILITY: Skiers born 2001-2006

LOCATION: Ellison Provincial Park, Vernon will be our “base”.

REGIONAL COACH: Adam Elliot (coachadam@telemarkracers.org)

CAMP COORDINATOR: Darren Derochie (coach@sovereignlake.com)

CAMP BEGINS: 6:00pm Friday, September 11th at Ellison Provincial Park:

* Arrive by 5:30 to set up your tents/RV/campsite.

* Camp activities will begin right at 6:00 – convene at the playground

* Meals will **NOT** be provided at this camp and there will **NOT** be time to prepare/eat your supper once you arrive - eat prior to arriving at the camp.

CAMP ENDS: 1:00 pm Sunday, September 13th.

Lunch will be served prior to the end of the camp. The camp **has a full participation policy and participants are expected to stay through the entire camp.**

REGISTRATION: Will be open Monday, August 10th online via zone4.ca – an email notice will be sent out to club coaches with the link once it is available.

REGISTRATION DEADLINE: Sunday, August 30th or when camp is full.

CAMP FEE: \$20.00 + camping fees and food. *Meals are NOT included in your camp fee.* The camp fee covers the Host Club’s incidental costs and includes Zone 4 and credit card processing fees. You are responsible for all your own food & meal preparation.

Read on...

NB : PLEASE THOROUGHLY READ THE FOLLOWING RE CAMPING & FOOD !

CAMPING

1. You **do NOT need to reserve a campsite for yourself** as a site(s) will be assigned and reserved for you based on the registration confirmation list.
2. You **WILL** need to make your own arrangements for sharing your campsite, if you wish to do so. But, this will not need to be done at time of registration for camp [unless you wait until the last day to register!]. It **WILL** need to be communicated to the Camp Coordinator no later than Aug 30th . Details regarding how to do this will be sent out soon.
3. Up to **2 tents** and/or **8 people total** allowed per campsite.
4. Up to **1RV or trailer/site** allowed.
5. Up to **2 vehicles**/site allowed. Additional vehicles to be parked in day parking.
6. **All sites cost \$32/night**, regardless of number of people – **cash only !**
7. There are flush toilets and a limited # number of showers in the campground

FOOD/MEALS:

- NO MEALS OR FOOD WILL BE PROVIDED FOR THIS CAMP – PLEASE BRING ALL YOUR OWN FOOD, INCLUDING SNACKS FOR THE CAMP.
- YOU MUST COME EQUIPED AND READY TO PREPARE ALL YOUR OWN FOOD, MEALS AND SNACKS - NO FOOD WILL BE PREPARED FOR YOU.
- YOU WILL NEED TO BRING A CAMP STOVE(S) AND FUEL
- Fire pits are located on each site BUT CAMPFIRE BANS MAY STILL BE IN EFFECT
- Sufficient (extra) time will be scheduled for meals prep & clean up
- **BRING ENOUGH FOOD !** (no time is allotted for anyone to do grocery runs)

WHAT TO BRING:

- B.C. Care Card/ Medical number
- **Cash for campsite fees** – Parks does not take cheque or credit card.
- ALL food, including snacks, drinks and sport drink for entire weekend
- Cook stove(s), cooking & eating utensils
- Tent (including plastic ground sheet & rain-fly in case it rains) / trailer / RV
- Sleeping PAD, sleeping bag and pillow
- Thin, long rope for clothesline on your campsite
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Towels (suggest bringing two – one for shower and one for beach)
- Bathing suit

- Rain jacket
- Warm jacket or light puffy for hanging around outside in the evenings.
- Training clothes for very hot through to cold miserable weather.
- Long underwear – for sleeping as well as for hanging around campsite in.
- Socks (lots of extra socks in case of wet weather).
- Shorts / pants / sweatshirt/ t-shirt (casual clothes).
- Hats (baseball cap and toque)
- Gloves.
- Small daypack suitable for hiking.
- Running shoes (2 pair if possible)
- Rollerski equipment (rollerskis, poles, skate boots, helmets, reflective vests)

***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 (10-15 cm shorter than regular classic poles)
- Heart rate monitor (if you have one)
- Water bottles (2) **and carrier**
- Head lamp w extra batteries
- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify camp coordinator of any allergies or relevant medical conditions
- Please leave electronic devices at home !