

**Regional Camp
Okanagan**



Teck

Camp Notice:

Teck Okanagan Regional Dryland Camp

Host Club: Revelstoke Nordic

Dates: Friday, September 21st to Sunday, September 23rd. Camp has a full participation policy and participants are expected to stay through entire camp.

Eligibility: Skiers born 2001 – 2009.

Location: Group Sites 1 & 2 at Blanket Creek Provincial Park, 25km south of Revelstoke. For more information: http://www.env.gov.bc.ca/bcparks/explore/parkpgs/blanket_crk/

Regional Coaches: Matthew Smider (Revelstoke Nordic): coach@revelstokenordic.org, (250) 683-9012; Eric de Nys (Sovereign Lake Nordic)

Camp Begins: 7pm on Friday, September 21st at Blanket Creek Provincial Park. Please set up campsite and eat dinner prior to commencement of camp (dinner will NOT be provided on Friday).

Camp Ends: 12:30pm on Sunday, September 23rd. Lunch will be served prior to end of camp.

Registration: Eligible athletes, coaches and coach helpers may register through zone4.ca from Thursday, August 30th through Monday, September 17th, 2018 at zone4.ca (or until full). Registration will be open to 80 athletes and a limited number of coaches and coach helpers. Other family members are welcome to arrange their own campsite and meals at Blanket Creek, however only registered athletes, coaches and coach helpers will be allowed to stay at group site and eat camp meals.

Camp Fee: \$60.00 for athletes; free for coaches (L2T-trained); and \$30.00 for coach helpers (not L2T-trained). Includes online processing fees, camping fees for Friday and Saturday night and the following meals: Saturday breakfast, lunch and dinner and Sunday breakfast and lunch.

Camping:

- We will be using the two 50-person group camp sites at Blanket Creek.
- You do NOT need to reserve a site. Your zone4.ca registration confirms your space. Arrive at group site on Friday and set up at your preferred location.

- The two group sites are situated adjacent to one another. One site is packed-gravel, orientated towards RV and trailer camping and the other site is a grassy tenting area. It is expected that we will have more tent camping than vehicle camping, therefore tents may be pitched in packed-gravel site.
- Drinking water is available on site.
- There are two toilets at group sites and several nearby; no showers. Showers are available at the community centre. Fortunately, there are many swimming opportunities at camp!
- Non-registered family members are welcome to arrange their own campsite and accommodation at Blanket Creek.

Food:

- Dinner will NOT be provided on Friday night. Please eat dinner prior to the commencement of camp.
- We will provide breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.
- Snacks and sport drink will NOT be provided.
- Specific dietary concerns should be listed in zone4.ca registration.
- **Please bring your own camp dishware (plates, bowls, cups) and utensils.** We will provide a dish cleaning area for use post-meal.

Packing List:

- BC Care Card
- Snacks and sport drinks
- Camp dishware and utensils
- Tent / RV / Trailer
- Sleeping mat, sleeping bag, pillow
- Personal hygiene and sun protection items (there are no showers on site, but option to use community centre showers and plenty of lake / lagoon swimming opportunities)
- Towel
- Bathing suit
- Training clothes for conditions ranging from warm and dry to cold and wet
- Casual clothes for conditions ranging from warm and dry to cold and wet (include warm jacket for cool evenings)
- Running shoes
- Casual footwear
- Rollerski equipment (skate rollerskis, boots, poles, helmets and reflective vests)
- Ski striding poles
- Water bottle and carrier
- Head lamp

Looking forward to seeing everyone at camp! Please direct any questions to coach@revelstokenordic.org.