

**Regional Camp
Northern**



Teck

TECK REGIONAL DRYLAND CAMP (NORTHERN BC)
Oct. 2-4, 2015 - Prince George, BC



This is an overnight dry-land camp for Northern BC skiers and coaches, born 2006 and older. Activities will include roller skiing, ski striding, running and hiking, and strength exercises. Athletes will stay in the ski lodge on the Friday and Saturday night, and will be involved in food preparation and cleanup. Coaches looking for development and mentorship experience are invited to participate. The Camp goal is to, not only provide athlete training, but to offer an open and encouraging opportunity for Coaches in the Northern Region of BC to develop and share their skill set.

Host Club:

Caledonia Nordic Ski Club
8141 Otway Road
Prince George, BC

Camp Head Coach:

Chris Manhard, Head Coach
Callaghan Valley Training Centre (CVTC)
Cell: 604-698-8512

Email: skixcountry@gmail.com

AND

Graeme Moore
Head Coach, Caledonia Nordic Ski Club
Email: headcoach@caledonianordic.com

Registration:

Register at : <https://zone4.ca/reg.asp?id=9928&lan=1&cartlevel=1>

Registration opens on Friday, September 4th and will close on Wednesday, Sept. 30th at midnight. Spaces are limited so please register early to avoid disappointment.

Camp Begins: Fri. Oct. 2nd - 7:00 pm at Otway Ski Club (please eat before arrival)

Camp Ends: Sun. Oct 4th, 1:00 pm (approximately) at Otway Ski Club

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on October 4th and stay until the camp ends on October 6th unless you have made prior arrangements with the Head Coach.

Teck Ball Caps: Ball caps will be provided to each participant 16 years and under at this camp.

Camp Fee: The camp fee is \$100.00. This includes the Zone4.ca processing fees

This includes accommodation (Friday and Saturday nights), snacks and meals (Breakfast Saturday through to Sunday lunch), all activities and coaching. Please eat before arrival on Friday evening. Healthy snacks will be provided for the entire duration of the camp.

Dry-land Camp Packing List

- B.C. Care Card/ Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Sunglasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Sleeping Bag, Sleeping Mat, Pillow
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt/ Long underwear (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running Shoes
- Ski Striding Poles (10 cm shorter than regular classic poles - i.e. mid-chest height)
- Heart Rate Monitor (For athletes 14 and older)
- Water bottles and carrier
- Headlamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Skate Roller Ski Equipment
 - Includes: Roller Skis (blades), poles with road tips, boots, helmet, reflective vest, gloves

***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.

- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify Head Coach of any allergies, special dietary requirements, or relevant medical conditions (also complete relevant fields on the online Registration)
- Please leave electronic devices at home for the weekend!!!!
(You'll have so much fun that you won't miss them)

Camp Outline:

Friday evening:

Athletes arrive

Core session

Camp chat-expectations, scheduling etc

Saturday AM

Roller ski session

Lunch

Saturday PM

Track workout

Games and Team Building exercises

Supper

Saturday Evening

Guest Speaker *SuperStar*

Movie

*Coach Development chat and workshop:

-For camp coaches to discuss issues and share knowledge

Sunday AM

Long Ski Bounding/Striding at Otway

Lunch

Yoga

Camp ends