



**CALEDONIA**  
N O R D I C • S K I • C L U B

**TECK REGIONAL DRYLAND CAMP (NORTHERN BC)**

**Sept 30-Oct 2, 2016**

**Prince George, BC**

*This is an overnight dry-land camp for Northern BC skiers born **2007** and older. Activities will include Skate and Classic roller skiing, ski striding, running, a track workout, yoga and strength/core exercises. Athletes will stay in the ski lodge on the Friday and Saturday night, and will be involved in food preparation and cleanup. Coaches and Parent Coaches lets gather for some coaching development opportunities!*

**Host Club:**

Caledonia Nordic Ski Club  
8141 Otway Road  
Prince George, BC

**Camp Coaches:**

<p>Chris Manhard, Provincial Team Coach Cell: 604-698-8512 Email: <a href="mailto:skixcountry@gmail.com">skixcountry@gmail.com</a></p>	<p>Graeme Moore Head Coach Caledonia Nordic 403-396-6589 Email: <a href="mailto:headcoach@caledonianordic.com">mailto:headcoach@caledonianordic.com</a></p>	<p>Lisa Perry Head Coach Bulkley Valley Email: <a href="mailto:bvcoach@bvnordic.ca">mailto:bvcoach@bvnordic.ca</a></p>
--	---	--

**Registration:**

Register at [Zone4.ca](http://Zone4.ca)  
Registration opens on Friday, September 5<sup>th</sup> and will close on Tuesday, Sept. 27<sup>th</sup> at midnight.

**Spaces are limited so please register early to avoid disappointment.**

**Camp Begins:** Fri. Oct. 30<sup>th</sup> - 7:00 pm at Otway Ski Club (please eat before arrival)

\*\*\*(BCTS, BCDS, BCST Chris would like to host an extra classic roller ski technique session starting at 3:30pm on Friday. Please email Graeme if you are interested in Participating?)

**Camp Ends:** Sun. Oct 2<sup>nd</sup>, 2:30 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 Sept 30<sup>th</sup> and stay until the camp ends on October 2<sup>th</sup> unless you have made prior arrangements with the Graeme Moore.

***Camp Fee:*** The camp fee is \$130.00. This includes the Zone4.ca processing fees.

***Accommodations:***

-We will be using the main lodge and technical buildings to house our athletes and parents. Parents you are welcome to stay, and if we know in advance we can find you a quiet place ☺ There are not showers on site.

- Parents If your athlete is 12 years of age and younger you are required to sleep onsite with your athlete.

- Local athletes are encouraged to stay on site for the duration of the camp.

***Food:***

-Please eat before arrival on Friday evening. Breakfast Saturday through to Sunday lunch are included in registration fee. Healthy snacks will be provided for the entire duration of the camp, however if you have specific need please plan ahead.

-Parents/Coaches *If you are on our volunteer/coach list we will cover your meals and accommodations for the weekend.*

***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)

***Parents:***

We are looking for volunteers in varying capacities:

- Group Sweeps in runs, ski bounding, Overnight supervisors, Food Prep and clean up supervisors, lead or assist in games, team building activities.
- *Parent coaches/coaches* please come and learn along side other coaches. We would like to have an opportunity for you to learn and develop as well in a mentorship setting.
- *If you are on our volunteer list we will cover your meals and accommodations for the weekend.*

***Teck T-Shirts:*** T-Shirts will be provided to each participant 16 years and under at this camp.

***Dry-land Camp Packing List:***

***\*\*\*Please have all items well marked with first and last name and club.\*\*\****

- B.C. Care Card/ Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sun block
- Sunglasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Rain Jacket and Pants.
- Training clothes for very hot through to cold, wet and miserable weather
- Sleeping Bag, Sleeping Mat, Pillow
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves for roller skiing and for being outside in other training.
- Daypack suitable for hiking and moving your items to offsite training locations.
- 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/ Water Belts. (2x 1 L bottles)
- Headlamp + Batteries.
- Small personal first aid kit
- Yoga mat or foamy
- Skate Roller Ski Equipment (ALL)
  - Includes: Roller Skis (blades), poles with carbide tips, boots, helmet, reflective vest, gloves
- Classic Roller Ski Equipment (BCTS, BCDS, BCST) for Friday pre technique session.

**\*Reflective vests or HI VIS T-shirts 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.