

**Regional Camp
Northern**



Teck

TECK REGIONAL DRYLAND CAMP (NORTHERN BC)

Sept 14-16, 2018

Smithers, BC

This is an overnight dry-land camp for Northern BC skiers Age 10-18. Activities will include Skate roller skiing, ski striding, running, yoga and strength/agility. Out of town 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: Bulkley Valley Cross Country Ski Club - Smithers

Registration:

Register at Zone4.ca: <https://zone4.ca/>

Registration opens on Wednesday, September 5th and will close on Tuesday, Sept. 11th at midnight. Thanks for understanding our organizational needs.

Location: Bulkley Valley Nordic Centre

Website: www.bvnordic.ca

Ages: Target ages 10-18 year olds. All out of town athletes must have a parent or adult responsible for them to stay overnight at the lodge (Friday and Saturday night). Majority of local athletes will be returning home for sleeping.

Coaches: **Past National Senior Development Team Head Coach Eric Denys**, Bulkley Valley Cross Country Ski Club Head Coach, Lisa Perry; Caledonia Nordic Ski Club Head Coach, Nicole Perrin; and more Train to Train and Learning to Train Certified coaches from the Northern Region.

Camp Starts officially on Friday at 5:30 at BV Nordic Center

Opportunity for Juveniles and Juniors to roller ski with Eric at 2:30 – meeting location for roller ski session will be mailed out.

Camp Finishes Sunday at Noon.

Note: Terry Fox Run in the afternoon starting at 1:00 in Smithers.

Camp Fee: Cost of the camp is \$70

The fee includes use of the BV Lodge, rental of fields, gym use and other resources, snacks on all camp days, Saturday evening activity and potluck dinner Saturday, plus the time and energy of all the coaches and volunteers to make this camp AWESOME for Skill Development and FUN 😊

Accommodations: We will use the Bulkley Valley Nordic Lodge for accommodation. There are washrooms, a small kitchen and lots of places to sleep on the floor. Older Athletes and Families are welcome to Pitch a Tent on Site if preferred. Please note that there are bears in the area.

Parent/chaperone duties: Parents and chaperones are required to assist with evening/night time supervision as well as clean up duties during meal and snack times and are also expected to help with transportation to/from Bulkley Valley Nordic Centre, if possible. Thank you! 😊

FOOD: Please eat before arrival on Friday evening. Out of Towners are to bring their own breakfast supplies for Saturday and Sunday and are responsible for keeping the lodge clean before the day begins. Healthy snacks will be provided for the entire duration of the camp as well as supplies for paper bag lunches. For the Potluck: A list will be sent out to registrants by Wednesday for what to bring to potluck.

****Each athlete is to contribute 2 dozen healthy snacks (muffins, bars, cookies, etc)**

- Please notify Head Coach of any allergies, special dietary requirements, or relevant medical conditions (also complete relevant fields on the online Registration)

Transportation:

We will need quite a few drivers for all the activities in town and roller skiing. Please confirm your availability for this ASAP to Lisa Perry.

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.

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

***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.

We will send out the schedule of activities soon to all those that register ☺

Contact: Lisa Perry

259 877 1618

bvcoach@bvnordic.ca