



**TECK COAST REGIONAL DRYLAND TRAINING CAMP**  
**Sept. 26-28, 2014, Whistler, BC**

This is an overnight dryland training camp for Sea-to Sky skiers born 2005 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercises. Athletes will stay in group accommodations and will be involved in food preparation and cleanup.

Note: Those born in 2003 to 2005 have the option of a single day only camp (Sat. Sept. 27). This will include a variety of fun dryland training activities.

**Host Club:** Hollyburn Cross Country Ski Club

**Head Coach:** Jake Weaver 604-619-2075 [biweaver@shaw.ca](mailto:biweaver@shaw.ca)

**Registration:**

Register at Zone4.ca Go to: <https://zone4.ca/reg.asp?id=7524>  
Registration Closes Sunday September 21, 2013 or when full.

Skiers born in 2003, 2004, 2005 can register for the single day camp (Sat. Sept. 27) by emailing: Andrea Hay [hayu@telus.net](mailto:hayu@telus.net)

**Camp Begins:** Fri. Sept. 26, 7:00 pm at Whistler Athlete Lodge.

Participants are expected to have had dinner prior to the start of the camp. Friday dinner will not be provided. The first meeting will be at 8:00 pm.

**Camp Ends:** Sun. Sept. 28, 2:00 pm (approximately)

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on September 26 and stay until the camp ends on September 28 unless you have made prior arrangements with the Head Coach.

**Camp Fee:** The camp fee is **\$125.00** plus Zone4.ca processing fees. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and all activities.

The fee for the day camp is **\$25.00** to be paid by cheque made out to "Hollyburn Cross Country Ski Club"

## **Dryland Camp Packing List**

- B.C. Care Card/ Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Sun glasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Bathing Suit
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Long underwear
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running shoes
- Rollerski equipment for Skate and, if you have it, Classic (rollerskis, poles with road tips, boots, helmet, reflective vest)

\*\*\*\***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 cm shorter than regular classic poles ie. mid-chest height)
- Heart rate monitor (if you have or can borrow one)
- Water bottles and carrier
- Head lamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Recovery bars
- Positive attitude and lots of enthusiasm!!!

### **CAMP EXTRAS:**

- Please notify camp coordinator of any allergies, special dietary requirements, or relevant medical conditions
- Please leave electronic devices at home for the weekend!!!!!! (You'll have so much fun that you won't miss them)