



Teck Regional Snow Camp Kootenay Nov 28-30th 2014

Hosted By The Fernie Nordic Society, Fernie, BC.

Eligibility: Kootenay Skiers Born 2005 to 2000.
All Athletes under 12 years old must have a parent or adult responsible for them to stay overnight with them at the lodge (Friday and Saturday night). (All out-of-town clubs must have 1 coach or parent stay with the group)

Dates: Friday, November 28th to Sunday, November 30th 2014.

Location: Fernie, BC.

Exact Location to be determined

We will all be sleeping on a floor at a location to be determined, so sleeping bags and sleeping pads are required for Friday and Saturday night.

Head Coach: Chris Manhard (Callaghan Valley Training Centre)
Chris@cvtc.ca

Camp Organizer: Jeff Williams (Fernie Nordic Society)
trackattackfernie@gmail.com

Camp Begins: 7:00 PM on Friday November 28th. Camp sign in will begin at 6:30pm. Dinner will not be provided Friday so please come fed and you are expected to arrive on time.

Camp Ends: 12:00 noon on Sunday November 30th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on November 28th and stay until the camp ends on November 30th unless you have made prior arrangements with the Camp Coordinator.

Camp Fee: The camp fee is \$75.00. This includes Accommodation (Friday and Saturday nights), meals (Friday snacks, Saturday breakfast through to Sunday breakfast), CCBC/Teck T-shirt, 2 days of trail passes and zone4 fees. Please go to fernieordic.com or <https://zone4.ca/reg.asp?id=7976&lan=1&cartlevel=1> to register.

The Fernie Nordic Society cannot control the Weather or Snow conditions; Refunds will only be granted if the organizer cancels the camp.

Registration Closes November 18th 2014

What to Bring List:

- all gear for classic and skating sessions (skis, poles, boots)
- Rock Skis may be better
- skis glide waxed and ready to go
- basic tools (scraper, cork, etc.) and a few basic waxes (grip waxes)
- ski suit & warm-ups, running shoes
- outdoor clothes for all weather conditions
- work ethic
- personal toiletry items, including soap
- water bottles and Carrier
- Sleeping bag and Therma-Rest/sleeping pad
- medical number
- Smiley Face

Please let me know of any food allergies prior to the camp