

Teck Regional Snow Camp (Coast) December 13-14th, 2014 – Whistler, BC

This is an on snow camp for 9-14 year olds. Athletes will stay at the Athletes' Lodge, located in the Athletes' Village in Whistler, Saturday night only. Meals will be provided Saturday (lunch & dinner) and Sunday (breakfast, snack & lunch).

Host Club:
Whistler Nordics
www.whistlernordics.com
admin@whistlernordics.com

Camp Coach:
Maria Lundgren
Ph: 604-906-1081
maria@cvtc.ca



Camp Schedule:

Begins: Saturday December 13th at 10 am 'Welcome to Camp' at Whistler Olympic Park

Ends: Sunday December 14th at 3 pm Depart from Whistler Olympic Park

Drop-off and pick-up is outside the Technical Building at the Cross Country Stadium.

Camp has a full participation policy. The participants are expected to arrive at 10am on Saturday December 13th and stay until the camp ends at 3pm on Sunday December 14th unless a prior arrangement has been made with the coach.

All participants will receive an awesome Teck Camp T-Shirt.

Please confirm your attendance by registering on Zone 4 <https://zone4.ca/reg.asp?id=7943> before mid-night on Sat 6th December:

Camp Fees: \$ 100 (includes meals, accommodation, and Zone 4 processing fees)

Trail Fees: \$26.25 (\$12.50/day + 5% GST, required unless you have a seasons pass to the WOP)

Address of accommodation: 1080 Legacy Way, Whistler, BC, V0N 1B1. Accommodation is in twin rooms (2 participants per room), bedding is provided.

Call for volunteers:

To make the camp run smoothly and keep costs low we are looking for volunteers to:

- Drive kids from Whistler Olympic Park to the athlete lodge on Saturday afternoon and back to Whistler Olympic Park on Sunday.
- Help coordinate the food preparation and distribution on Saturday night and Sunday morning.
- Stay over and provide supervision at the athlete lodge on the Saturday night. Note that those people staying over at the lodge need to be coaches (e.g. certified with an up to date Criminal Record Check)

Please email: admin@whistlernordics.com to confirm where you can help.

On Snow Camp Packing List

- BC Care Card/ Medical Number
- Personal toiletry items & towel
- Sunscreen & Lip Balm
- Sunglasses
- Rain Jacket
- Puffy Jacket
- Training Clothes
- Socks
- Long underwear
- Toque
- Gloves
- Running shoes
- Classic Skis, Boots and Poles
- Skate Skis, Boots and Poles
- Water bottle and carriers
- Headlamp
- Pajamas & comfortable clothes for Saturday evening

Please leave electronic devices at home for the weekend.

