

# Regional Camp Northern



# Teck

Hosted by Bulkley Valley Cross Country Ski Club, Smithers, BC.

- Name of Camp: Teck Regional Snow Camp – Northern Region
- Dates: Friday, November 27 to Sunday, November 29, 2015.
- Location: Bulkley Valley Nordic Center
- Contacts: Irene Ronalds and Leslie-Jean MacMillan (Camp Coordinators)  
Maria Lundgren, CCBC Coach and Head Coach for the Camp
- Camp Start Time: 6:30 PM on Friday November 27. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
- Camp End Time: Approx 1:00 PM on Sunday November 29. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on November 27 and stay until the camp ends on November 29 unless prior arrangements have been made with the Camp Coordinator.
- Camp Fee: The camp fee is \$60.00. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and trail passes. Subsequent family members are \$45 each. Camp fees will increase to \$75.00 and \$60.00 on November 14 and the deadline is November 20<sup>th</sup>.
- Registration: <https://zone4.ca/reg.asp?id=10270&lan=1&cartlevel=1>
- Ages: 8--17 year olds welcome  
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).

We will all be camping out at the Buchfink Memorial Lodge (BV Nordic Centre) so sleeping bags and gear are required for Friday and Saturday night.

We will have lots of coach support and great food, and of course great snow as always!

**Please confirm your attendance by registering online before November 20<sup>th</sup>. Also please let us know if you have any food allergies or dietary requirements.**

Contact:

Irene Ronalds  
(250) 847-1994

OR

Leslie-Jean Macmillan  
(250) 847-8858

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**What to Bring List:**

- ☑ all gear for classic and skating sessions (skis, poles, boots)
- ☑ skis glide waxed and ready to go
- ☑ basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- ☑ paper towels
- ☑ ski suit & warm--ups, running shoes
- ☑ outdoor clothes for all weather conditions
- ☑ homework
- ☑ small backpack
- ☑ personal toiletry items, including a towel, bathing suit (might go swimming)
- ☑ water bottle, yoga mat, head lamp (if you have one)
- ☑ medical number
- ☑ heart rate monitors (older athletes)
- ☑ Camping gear for at the lodge (sleeping bags, foamies, pillows)

**Camp agenda will be posted on the Bulkley Valley Cross Country Ski Club Website ([www.bvnordic.ca](http://www.bvnordic.ca)) by November 15, 2015**

**Look forward to seeing you all soon!!**