



2016 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL

Hosted by: Strathcona Nordic Ski Club

September 9-11, 2016

Miracle Beach Provincial Park, Black Creek, BC, Group Campsite

Coaches: Andrea Stapff, Brad Fraser, Jessica Heyes, Sarah Henckel, Gavin MacPhail

This camp is open to any race team athlete, Devo (Track Attack) or Junior, from any Vancouver Island/Coast club.

Accommodation is tent camping; please organize yourselves into tent groups in advance of the camp. All meals will be provided from dinner on Friday to snacks on Sunday morning. Every participant is asked to bring a box of granola/energy bars or a healthy snack (muffins, loaf, energy balls) to contribute to group snacks and desserts.

Friday

- 4:30pm – arrival at group campsite, set up
- 5:30pm – team meeting, dynamic warm-up, group games
- 6:30pm – dinner

Saturday

- 7:30am – activation
- 7:45am – breakfast (and make lunch)
- 9:00am – Juniors: roller skiing – Hamm Rd
Devos: run/strength
- 1:00pm – 60min of quiet time/rest

3:00pm – Juniors: strength
Devos: roller skiing
6:00pm – dinner
7:00pm – presentation: Dr Derek Vinge – functional mobility and recovery

Sunday

7:30am – activation
7:45am – breakfast
9:00am – Juniors: roller skiing – Clarkson Rd
Devos: run/sprints
11:30am – pack-up, clean-up, departure

What to bring:

- Medical form (if you did not attend May Camp) – see link on Zone4 Camp Notice, this form **MUST** be handed in at the start of camp
- Your own **labeled** bowl, plate, utensils, water bottle, drink belt, HR monitor (if you own one)
- Personal items, camping gear, bathing suit, towel
- Training clothes, high visibility shirt or vest for roller skiing, helmet, gloves, boots, poles, roller skis (club roller skis will be provided for Devos)
- Rain gear, warm layers
- A GREAT attitude!

Mobile devices may not be used during ANY training session, group session, meal times or quiet time and **MUST** be turned off at lights out.