



**TECK COAST REGIONAL DRYLAND TRAINING CAMP**  
**Sept. 16 - 18, 2016, Whistler, BC**

This is an overnight dryland training camp for Sea-to Sky skiers born 2007 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.

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

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

**Registration:**

Register here: <https://zone4.ca/reg.asp?id=13004&lan=1&cartlevel=1>

Registration Closes Tuesday, August 30, 2016 or when full.

**Camp Begins:** Fri. Sept. 16, 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. 18, 2:00 pm (approximately)

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept. 16 and stay until the camp ends on Sept. 18 unless you have made prior arrangements with the Head Coach.

**Camp Fee:** The camp fee is **\$135.00** plus Zone4.ca processing fees. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and all activities.

## **Dryland Camp Packing List**

- B.C. Care Card/ Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc)
- Alarm clock
- 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 tuque)
- 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)

\*\*\*\***Very Bright clothing or 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)