



TECK REGIONAL SNOW CAMP NORTHERN BC

Smithers

December 10th- 12th, 2021



Participants: Northern BC region youth skiers aged 9 (2012) and up

Location: Bulkley Valley Nordic Centre, Hudson Bay Mountain Road, Smithers, BC
<https://bvnordic.ca/trails-and-facilities/directions/>

Camp Start: Friday, December 10, 6:30pm at Bulkley Valley Nordic Centre
Camp Finish: Sunday, December 12, 12:30pm

Host Club: Bulkley Valley Cross Country Ski Club

Coaching: Graeme Moore (Build The North head coach) and Andrew Brisbin (BV Nordic head coach), and other coaches from BV Nordic and various Northern BC clubs.
Contact andrew.brisbin@bvnordic.ca if you can coach.

Coach Contact: andrew.brisbin@bvnordic.ca **1-306-281-3423**

Camp Fee: The total cost of the camp excluding tax and processing fees is **\$75** and includes trail passes for the weekend, as well as snacks and bagged lunches during the day.

Registration: Registration and payment are made through Zone 4:

<https://zone4.ca/register.asp?id=27522&lan=1&cartlevel=1>

The camp will be capped at 60 participants and the **registration deadline is Sunday, December 5th at 11:59pm.**

Coaches who are involved in the camp will have to register, but please contact andrew.brisbin@bvnordic.ca to confirm your attendance and receive a coupon code which will set your Zone4 registration costs to \$0.00.

Goals: The goal of the training camp is for skiers to have fun, get lots of skiing in, and come away from the camp with new friends from other clubs, as well as lots of good technique tips and coaching.

The Camp will feature approximately equal amounts of classic and skate skiing.

COVID-19 Safety:

All coaches and parents involved with the camp must show proof of full vaccination prior to the commencement of the camp (in-person on Friday evening)

The Club's COVID-19-related policies can be seen at: <https://bvnordic.ca/covid-19-info/>
They are based off the Public Health Order for the Northern Health Region and the viaSport guidelines.

During Zone4 registration you will have to indicate that you have read, understand and agree to follow those policies to attend the training camp

Expectations:

The goals of this camp are to challenge yourself, learn new skills from different coaches, and meet other athletes from the region. Expectations for athletes during this camp are: Have an open mindset, be organized & ready on time, respect and encourage your peers.

Athletes are responsible to arrange transportation from their accommodation in town, to the Nordic Centre each day.

Full participation in this camp is encouraged. For any exceptions, please contact andrew.brisbin@bvnordic.ca

Activities: The goal of the training camp is to spend as much time outside, on snow as we can. The plan is to have icebreaker games and a short ski on Friday evening, a Saturday morning ski, a Saturday afternoon ski, and a long Sunday morning ski.

Participants will have access to the Ski Lodge (masks required indoors)

Equipment list

- All gear for classic and skating sessions (skis, poles, boots) -Skis prepped and ready to go
- Basic wax box and a few basic grip waxes that can be put in your pack
- Outdoor clothes for all weather/training conditions
- Backpack with extra dry clothes, socks, mitts, toque, Buff, base layer to store in the Ski Lodge
- Drink belt for carrying water, snacks, kickwax, etc while we ski
- Training watch/HR monitor for those who have one
- Headlamp for Friday evening ski
- Multiple masks for any time indoors
- Vaccine Passport (all coaches/parent helpers)
- BC Care Card/Medical Number

We are hoping to have upwards of 50 camp participants, so it would a good idea to label your equipment with your name and club name!

Accommodation and Transportation

Accommodation and transportation to and from the Nordic Centre is the responsibility of the attending athletes/families/coaches.

Teck Toques:

Teck-branded ski toques will be provided to each participant 16 years and under attending a regional snow camp.

