



Teck Regional Spring Snow Camp

Coast – Vancouver Island

Mount Washington

May 8 & 9, 2021

Start the new season with some Nordic FUN - on snow!!!

Location: Mount Washington – Upper Nordic Trails

Youth Athletes: This camp is open to any current Junior or Devo (Track Attack) athlete and especially welcomes any **NEW** athletes wishing to join the Strathcona Nordic Ski Club Junior or Devo programs.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11yrs) and Train to Train (Juniors 12-15yrs) stages of development will benefit from this camp. Athletes in the Learn to Compete (Juniors 16-18yrs) will benefit from this camp and are welcome to attend.

Coaches: Andrea Stapff, Marika Galik, Kate Scallion, Jim Bratrud, Gavin MacPhail, Alison James, Michaela Jelen, Sophia Sauter.

Format: The format is day camp style, no accommodation or meals are provided. Athletes/skiers must provide all their own snacks, lunches.

Master Athletes: Master athletes interested in attending can contact Andrea for further information.

Covid 19: ALL current PHO and viaSport orders will be adhered to during the camp.

Registration & Cost:

Registration and payment is on www.zone4.ca, deadline to register is May 5, 2021.

For registration inquiries please contact andrea.stapff@gmail.com

Training and Activity Times:

Saturday: 8:30am – arrival, all athletes
8:45 to 11:15am – Juniors – skate technique and volume ski
9:00 to 11:00am – Devos – skate technique and adventure ski
Lunch
12:00 to 12:30pm – Devos – mental skills session
12:30 to 1:15pm – Juniors – mental skills session
1:00 to 2:30pm – Devos – classic technique and adventure ski
2:45pm – Devo Parent meeting, Devo departure
1:30 to 3:30 – Juniors – classic technique and volume ski
3:45pm – Junior Parent meeting, Junior departure

Sunday: 8:30am – arrival, all athletes
8:45 to 11:15am – Juniors – skate technique and volume ski
9:00 to 11:00am – Devos – skate technique and adventure ski
Lunch
12:00 to 12:30pm – Devos – mental skills session
12:30 to 1:15pm – Juniors – mental skills session
1:00 to 2:30pm – Devos – classic technique and adventure ski
2:45pm – Devo departure
1:30 to 3:30 – Juniors – classic technique and volume ski
3:45pm – Junior departure

What to bring:

Training gear – be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes.

Equipment – skate and classic skis (skins, zeros or waxables - klisters will be provided), skate and classic boots, skate and classic poles, heart rate monitor (Juniors), drink belt, hat, sun glasses, sunscreen.

Nutrition – your own water bottle, all your own snacks, lunch.

A great attitude! The focus of this camp is skill development, trying your best and having FUN! Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

See you on the Mountain!