



Camp Notice: Teck Regional Snow Camp Okanagan 2026

This is an on-snow camp for athletes who reside in the Okanagan region. This weekend is also Silver Star's Light Up weekend, and an evening event for camp participants will be planned around it. The On Snow Parade offers a perfect way to celebrate the start of winter on the hill.

Host Club: Sovereign Lake Nordic Club

Dates: Friday, December 4th, 2026 to Sunday, December 6th, 2026

Eligibility: Skiers born 2017-2009. Teck-branded t-shirts will be available for participants 16 and under. Athletes will have a chaperone for supervision, but they should be reasonably independent and able to organize their gear, get adequate rest, and prepare their morning meal with only minimal assistance.

Location: Sovereign Lake Nordic Centre and Silver Star Mountain Resort, Vernon, BC

Head Coach: TBD (CCBC to confirm)

Camp Contact: Kara Williamson, SLNC Volunteer
Ph: 604.698.8753 Email: ktrianee@gmail.com

Camp Begins: Athletes and coaches check in at Firelight Lodge or Snowbird Lodge (front desk; your assignment to be confirmed) by 6pm on Friday, December 4, 2026. Please eat dinner before you arrive (*dinner will NOT be provided on Friday*).

Camp Ends: 12pm on Sunday, December 6, 2026. Pick-up for all athletes is at Sovereign Lake Nordic Club.

The camp has a full participation policy. Participants are expected to arrive at 6pm on Friday, December 4, and stay until the camp ends at 12pm on Sunday, December 6. Activities will include on-snow training, a strength session, team building activities and an activity night.

Registration: Please confirm your attendance by registering on [Zone4](#). Registration closes at noon on Sunday, November 1, 2026. (Accommodation needs to be confirmed by November 2, 2026.)

Camp Fee: \$295. For athletes, all costs are pooled costs for the camp and shared by all athletes to ensure inclusive options for all to participate. The fee includes accommodation, coaching support, administration, lunch, a catered dinner, snacks, and passes to the Sovereign Lake Nordic Centre for both Saturday and Sunday.

Accommodation:

All athletes will be accommodated at Firelight Lodge or Snowbird Lodge, Silver Star Mountain Resort, in units of 2 to 7 people. Groups will be organized by club and age level, unless

otherwise noted. An email will go out confirming athletes' assignments. Bedding will be provided; however, some athletes may be required to share a queen- or king-sized bed. If you would prefer not to share a bed, please bring a sleeping mat and sleeping bag for your own use.

Food:

- Dinner will NOT be provided on Friday night. Please eat dinner before you arrive.
- The following meals (for all athletes and coaches) will be provided: Friday night snack; Saturday lunch at Sovereign Lake Nordic Centre; Saturday catered dinner at Sovereign Lake Nordic Centre; and a small road snack on Sunday.
- Athletes are responsible for bringing their own breakfast food, which they will prepare and eat in their accommodation, plus two or three pocket-sized snacks for both Saturday and Sunday.

Call for Volunteers:

To make the camp run smoothly and keep costs low, we are looking for volunteers to:

- Assist with coaching on both days. Accommodation, lunch, and a catered dinner will be provided. All coaches are required to meet minimum NCCP training qualifications.
- Drive athletes between the Sovereign Lake Nordic Centre and Firelight Lodge/Snowbird Lodge on Friday evening, Saturday and Sunday.
- Chaperone athlete groups to help with athlete needs. Stay overnight and provide supervision in a shared adult accommodation at Firelight Lodge and Snowbird Lodge on the Friday and Saturday nights, supervising athlete cohorts.
- Help with meal service on Saturday.

If you are able to help coach, chaperone, drive or serve meals at this camp, please sign up here: <https://sovereignvolunteers.com/event/teck-regional-camp-okanagan-snlc>

Coaches and chaperones, we will also need you to fill out the Zone4 registration form and indicate on the form if you already have a Sovereign Lake Nordic Centre ski pass, to assist us with camp planning and accommodation assignments.

Volunteer requirements:

All coaches/parent helpers/chaperones/drivers need to have an up-to-date Criminal Record Check with CCBC and have completed SafeSport. All coaches are required to meet minimum NCCP training qualifications. For more information, see the [CCBC minimum mandatory coaching qualifications](#).

- Complete your Criminal Record Check here: <https://justice.gov.bc.ca/eCRC/home.htm>
 - Access code: R4TY8A4JFA
- SafeSport training (90-minute course):
<https://thelocker.coach.ca/Account/Login?ReturnUrl=%2Fonlinelearning#SS>

We will be sending out an agenda as well as more information one week prior to the camp.

Packing List:

- Easy breakfast and pocket snacks
- BC Care Card / Medical number
- Personal toiletry items and towel
- Sunscreen and lip balm
- Sunglasses
- Toque and gloves
- Running shoes
- Rain jacket
- Puffy jacket
- Skate skis, boots and poles
- Classic skis, boots and poles
- Rock skis (skate and classic), if possible
- Training clothes
- Indoor training clothes
- Water bottle and carriers
- Socks
- Headlamp
- Long underwear
- Pajamas and comfortable clothes
- Basic first aid (band-aids, polysporin, moleskin, tape for feet, etc.)
- Wax for your skate and classic skis

Please leave electronic devices at home, or in rooms or baggage, for the weekend.

Looking forward to seeing everyone at camp and on snow!

Please direct any questions to:

Kara Williamson: ktrianee@gmail.com 604.698.8753



All participants will receive a headband from Teck and Cross Country BC.