

# Coast Cup



# Teck

## 2015 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISLAND

Hosted by: Strathcona Nordics Ski Club

September 11-13, 2015

Miracle Beach Provincial Campground, Black Creek BC, Group Campsite

Coaches: Andrea Stapff, Brad Fraser, Berend Henckel, Dave Damery, Gavin MacPhail

This camp is open to any race team athlete - Devo (Track Attack), Juniors, Masters - from any Island or 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

4:00pm – arrival at group campsite, set up tents/tarps etc.

5:30pm – team meeting – all racers, followed by dynamic warm-up, group games

6:30pm – dinner (parents/young children wishing to stay for dinner on Friday need to indicate so on the registration page – there will be a small fee for dinner)

### Saturday

7:30am – activation run

7:45am – breakfast and prepare own lunch

9:00-11:30am – training – Jrs/Masters: roller skiing – Clarke Rd; Devos: run/strength

Lunch

1:00-2:00pm – mandatory quiet time/rest

Group Snack

3:00-5:30pm – training – Jrs/Masters: sprints/strength; Devos: roller skiing

6:30pm – dinner

7:30pm – goal setting session

### Sunday

7:30am – activation run

7:45am – breakfast

9:00-11:30am – Jrs/Masters: roller skiing – Hamm Rd; Devos: run/sprints

Group Snack

12:00-1:00pm – 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 goal setting sheet from May Camp (if you attended)
- 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.