



## TECK Regional Spring Snow Camp

### Coast – Vancouver Island

*MT WASHINGTON*

*May 8 & 9, 2021*

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

**Location:** Mt 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 SNSC Junior or Devo programs.

Based on the Long Term Athlete Development model, athletes in the Learn to Train (Devos, 8-11yrs), Train to Train & Learn to Compete (Juniors, 12-18yrs) stages of development will benefit from this camp.

**Master Athletes:** Master athletes are welcome to attend the camp.

**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.

### Registration & Cost:

Registration and payment is on [www.zone4.ca](http://www.zone4.ca), **deadline to register is May 5, 2021.**

For registration inquiries please contact [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com).

## **Training and Activity Times:**

**Saturday:** 8:30am – arrival  
8:45 to 11:15am – Juniors/Masters – 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/Masters – mental skills session  
1:00 to 2:30pm – Devos – classic technique and adventure ski  
2:45pm – Devo Parent meeting and Devo departure  
1:30 to 3:30 – Juniors/Masters – classic technique and volume ski  
3:45pm – Junior Parent meeting and Junior departure

**Sunday:** 8:30am – arrival  
8:45 to 11:15am – Juniors/Masters – 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/Masters – mental skills session  
1:00 to 2:30pm – Devos – classic technique and adventure ski  
2:45pm – Devo departure  
1:30 to 3:30 – Juniors/Masters – classic technique and volume ski  
3:45pm – Junior/Masters departure

## **What to bring:**

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

Equipment – skate and classic skis/boots/poles (kister will be provided), heart rate monitor (Juniors/Masters), drink belt, hat, sun glasses, sunscreen, hand sanitizer & facemask(s).

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

**See you on the Mountain!**