



2021 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL

September 25 & 26, 2021 - Mount Washington, BC

This is a weekend day camp style dryland training camp for skiers born 2012 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercise.

Host Club: Strathcona Nordic Ski Club

Head Coach: Andrea Stapff, 250-202-7096, andrea.stapff@gmail.com

Registration: on zone4.ca, registration closes Thursday, September

All camp activities will be at Mount Washington, staged out of the Vancouver Island Mountain Centre. Bathrooms and a lunch area will be available for use but the camp will be held outdoors. **Be prepared to train in all types of weather.**

Saturday September 25:

- camp arrival: 9am, meet in parking area in front of VI Mountain Centre
- roller skiing: 9:30am
- lunch: 12pm
- ski striding/group games: 1:00pm
- camp end: 3:00pm

Sunday September 26:

- camp arrival: 9am, meet in parking area in front of VI Mountain Centre
- scavenger hunt/adventure run: 9:30am
- lunch: 12pm
- camp end: 1pm
- SNSC Race Team Year-end Awards: 1-1:30pm

A club work bee will take place concurrently during the camp, Saturday 9am – 3pm, Sunday 9am – 12pm.

The SNSC Race Team Year-end Awards (for 2020-21) will take place from 1-1:30pm.

What to Bring:

- face mask (must be used whenever inside VI Mountain Centre)
- your own lunch, drinks, snacks
- duffel bag or backpack for all clothes, gear and food
- drink belt or water bottle & carrier
- sunscreen, lip balm with sunblock, hat, sunglasses
- toque, gloves
- rain jacket, rain pants
- warm jacket
- training clothes for hot to cold wet weather (long sleeve, short sleeve, shorts, long pants, extra socks)
- running shoes
- an extra set of dry clothes and dry running shoes
- heart rate monitor if you own one
- skate roller ski gear (skate roller skis/boots, skate poles, helmet, high visibility shirt or vest, gloves (high visibility clothing and helmets are MANDATORY for roller skiing), Devos will be able to borrow club skate roller skis
- striding poles (10cm shorter than classic poles, i.e. mid-chest height)
- positive attitude and lots of enthusiasm!!!