

**Regional Camp  
Coast**



**Teck**

## **2022 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL September 24 & 25, 2022 - Mount Washington, BC**

This is a dryland training camp for skiers born 2013 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercises.

For Junior Team athletes, this camp will run in a day camp format. Lunch will be provided on both days.

For Devo Team athletes, this camp includes a one-night overnight at the Vancouver Island Mountain Centre. A team dinner, two lunches and one breakfast will be provided.

**Host Club:** Strathcona Nordic Ski Club

**Head Coach:** Andrea Stapff, 250-202-7096, [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)

**Registration on zone4.ca:** [CLICK HERE](#)

**Registration closes Sunday, September 18, midnight.**

All camp activities will be at Mount Washington, staged out of the Vancouver Island Mountain Centre. **Be prepared to train in all types of weather.**

### **Saturday September 24:**

- camp arrival: 8:45am all athletes, Devos drop off gear upstairs in VI Mountain Centre (rooms will be assigned)
- **roller skiing:** Juniors – 9am start, Devos – 9:30am start
- lunch, all athletes: 12pm
- **ski striding/strength:** 1:30pm
- camp ends: 3:30pm for Juniors
- dinner, Devos: 5:30pm
- evening activity, Devos: 7:30pm
- in rooms/lights out, Devos: 9pm

### **Sunday September 25:**

- camp arrival, Juniors: 9am
- **scavenger hunt/adventure run: 9:30am**
- lunch all athletes: 12pm
- pack and clean-up: 1pm
- camp end: 1:30pm

The SNSC DEVO Team Year-end Awards (for 2021-2022) will take place from 1:30-2pm.

### ***What to Bring: ALL athletes***

- face mask (encouraged inside VI Mountain Centre)
- 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, or classic poles)
- positive attitude and lots of enthusiasm!!!

### ***What to Bring: DEVOS***

- sleeping bag and pillow case, VI Mountain Centre will provide mattress/mattress cover and pillow/pillow cover, if you wish, you can also bring a twin sized fitted sheet if you would like to use your sleeping bag like a blanket
- towel
- personal items and toiletries
- your favourite card game or board game

### ***What **NOT** to Bring: DEVOS***

- **leave ALL (yes, ALL) electronic devices at home**, the primary purpose of this camp is team building and having FUN together as a TEAM!



This year's Teck Regional Camp T-Shirt is PINK! Not only can this shirt be worn while you do your dryland training, it can also be worn with pride on PINK SHIRT DAY!

## The Pink Shirt Day Story

In 2007, Berwick Nova Scotia classmates David Shepherd and Travis Price bought and distributed 50 pink shirts after a student at their school was bullied for wearing a pink shirt. With that act of kindness, Pink Shirt Day was born.

In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September "Stand Up Against Bullying Day." In 2008, British Columbia proclaimed February 27 to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day, and the last Wednesday each February is now the national anti-bullying day across Canada.

Thanks to Travis' tireless efforts over 13 years, many countries now recognize days to prevent bullying and promote kindness, and there are students who have heard the Pink Shirt Day message from kindergarten through graduation.

Travis continues to be a leader in the Pink (Shirt) Day movement, winning the Meritorious Service Medal of Canada for his work in bullying prevention and mental health advocacy.

