



Teck Regional Fall Dryland Camp (Okanagan)

- Name of Camp: Teck Regional Fall Dryland Camp (Okanagan)
- Dates: Friday, September 22 to Sunday, September 24, 2023
- Location: Larch Hills Nordic Club – Lodge is home base
<https://www.google.com/maps/dir//The+Larch+Hills+Nordic+Society+300-398+Larch+Hills+Rd,+Salmon+Arm,+BC/@50.708848,-119.135613,11z/data=!4m8!4m7!1m0!1m5!1m1!1s0x537ef325bfdbf63b:0x2f4a5eef631e73e2!2m2!1d-119.135613!2d50.708848?entry=ttu>
- Lead Coach: Glenn Bond Head Coach 250-309-2611
- Age range 9-18 All athletes will receive a Teck sponsored T shirt (free)**
- Camp Begins: 6:00 PM on Friday September 22. You are expected to arrive on time. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
- Camp Ends: 1:00 PM on Sunday September 24 This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on September 22 and stay until the camp ends on September 24 unless you have made prior arrangements with the Camp Coordinator.
- Camp Fee: **Camp Fee:** Your camp fee is \$115.00. Meals (Saturday breakfast through to Sunday lunch), professional coaching and a lot of FUN. Camping is \$25 per family (camping around the club house Friday and Saturday nights), We will use the lodge washrooms and meals will be inside the lodge. Trailer are welcome and will park in the parking lot.
- Registration: <https://zone4.ca/register.asp?id=32628>

Camp Schedule: Friday evening arrive at 6:00pm and set up tents around the lodge, washrooms inside the lodge and outhouses. We will eat meals in the lodge and meetings will be inside the lodge. Bring snacks for Friday evening and Saturday evening. Meals will be catered or a combination of catered and self serve.
Detailed agenda below.

Notes: U 14 athletes must have a parent or guardian to assist them with tents, equipment and transportation for the duration of the camp.

What to Bring List:

- ✓ Healthy snacks – like energy bars, fig bars, fruit to have between meals or during training
- ✓ medical number
- ✓ Tent, sleeping pad, sleeping bag
- ✓ warm layers of clothes suitable for extreme changes in temperature - from cold to very hot and dry during the same day
- ✓ for rain (jacket & pants)
- ✓ for shine (hiking shorts)
- ✓ running shoes
- ✓ socks – bring lots of extra socks in case of wet weather
- ✓ regular training clothes
- ✓ heart rate monitor if you have one (borrow one if possible)
- ✓ roller skis (skating skis)
- ✓ ski poles for hiking, pole striding (shorter than your regular classic poles)
- ✓ ski poles (skating) for roller skiing
- ✓ ski boots (skating) for roller skiing
- ✓ bike helmet & reflective vest
- ✓ water bottles – a minimum of two (be prepared to pack enough water for several hours away from camp)
- ✓ daypack (suitable for hiking)
- ✓ sun hat (baseball cap & toque) – expect the unexpected
- ✓ mitts & gloves
- ✓ sun glasses
- ✓ sun screen
- ✓ mosquito repellent (bug spray)

- ✓ personal hygiene items (soap, shampoo, toothbrush, deodorant etc.)

Fall Camp Agenda

Friday Evening

Arrive at Camp

18:00- 19:00 Set up tents

19:00 -19:30 Icebreaker game

19:30 – 20:00 Strength and core session

20:00- 20:30 Camp information session; snacks inside the lodge

21:30 Lights out

Saturday

7:30 – 8:15 Breakfast clean up from breakfast, bring all roller ski equipment skating and swim suit and towel to swim after if weather is good.

8:15 – 8:45 Roller ski safety session and talk about technique key focus points inside the lodge

8:45- 9:00 Drive from Larch Hills to Farmer John's (we will need many vehicles to transport everyone)

9:15 - Roller ski SKATE Technique Starting at Farmer John's U 14 will stay on lower road U 16 & up will finish at Grandview bench Hall

11:15 U 14 are done roller skiing and play at Farmer John's playground

11:30 U 16/ U 18 are done roller skiing and get picked up at Grand view bench hall.

12:00 Lunch at Farmer John's

13:00 Swim at the river – if weather is good

14:30 Arrive back at camp/lodge ; drink and snack break; rest period

16:00 Organize into groups; Team Orienteering (Phil or Sheila to lead)

17:30 Dinner, Chores, clean up from dinner

19:00 Presentation or video on training and technique

19:45 Game – Sharks and Minnows ?

21:30 Lights out

Sunday

- 7:30 breakfast; clean up from breakfast
- 9:00 Trail Run at Larch Hills with poles
U 14 2 hours
U 16 & up 2.5 hours
Ensure training is zone 1
- 12:00 Lunch clean up after lunch; pack; clean up
- 13:00 Wrap up- pick up