

Teck Kootenay Regional Snow Camp

Nov. 26-28, 2021, Panorama, BC

Hosted by Toby Creek Nordic

Ready, Set, Snow!! Join us at the Panorama Mountain Resort high elevation snow environment for early season skate and classic skiing. Activities will include wax tips, season preparation, team builders, downhill, double poling, classic and skate sessions. Teck-branded swag will be provided to each participant 16 and under attending the camp.

The focus for the camp is FUN, as well as time to bond with your teammates and other clubs. Athletes are expected to demonstrate respectful, supportive and inclusive behavior at all times and follow COVID protocols for safe sport.



2021 Image: Toby Creek Nordic Skiers enjoying the views at Pano Summit 2450m

Camp Information

Participants: Kootenay regional skiers age 9 and up. The goal of the camp is for the skiers to have fun, make new friends, get an early season snow experience with some great tips and coaching to prepare them for the upcoming season.

Host Club: Toby Creek Nordic Ski Club

Coaching: Head Coach Andrea Stapff, Head Coach Strathcona Nordic/BC Talent Squad Lead Coach, and other coaches from various Kootenay Teams- Contact andrea.stapff@gmail.com if you can coach. Parents and other club coaches are welcome to join in the activities. Contact Christine@shadybrookresort.com if you wish to join as a parent helper.

Camp Start: Friday Nov 26, 4.30pm

Camp Finish: Sunday Nov 28, 3.00pm

Camp Fee: The camp fee is **\$120**. This includes trail passes and lift ticket for high elevation skiing. Accommodation and meals are responsibility of participants.

Parents: Lift tickets can be purchased at the ticket window for \$42 for the high elevation training.

Coaches: A limited number of lift tickets are available free to coaches that will help deliver the camp.

Registration: Register at [Zone4.ca](https://zone4.ca). Deadline for registration is noon on November 23, 2021. Go to: <https://zone4.ca/register.asp?id=27471>

Food: Due to COVID restrictions, everyone is on their own for dinner on Friday and Saturday. Bring snacks and water for Friday (4.30-7), bring lunch and drinks in a small backpack for Saturday and Sunday.

COVID-19 Safety Requirements : Every athlete, coach and helper must sign the “[Participant Agreement](#)” in order to attend the camp and agree to all COVID safety protocols. Please click the [link](#) to submit via Zone 4 after registering. Note all coaches and parent helpers must show proof of double vaccination at the Friday meeting. See Panorama’s current COVID protocols [here](#).

Accommodation: Panorama is offering 25% off for November but space is limited due to alpine ski race training. Contact Panorama Central Reservations for bookings at: 1.800.663.2929
OR
20 minutes from Panorama: Invermere Inn and Suites www.invermereinn.com use code tobycreeknordic for 15% off online, or call 250-342-9246 and mention Toby Creek Nordic when booking for 15% off

High Altitude Venue

Be aware that we will be very high (2450m) with limited support infrastructure so plan accordingly. You will need a ski bag to carry on the lift on Saturday. In the past the coaches and experienced skiers share the bag to help take several pairs of skis. Your backpack must be good enough that you can ski downhill for quite a stretch easily. Masks will be required on the lifts. Plan to eat lunch outside. Bring good warm up gear that can compact easily (Down is best). Bring your own bag lunches. Hot packs are a good idea.



What to Bring

Bring appropriate VERY WARM clothing for getting to and from high elevations. Please leave electronic devices away for the weekend!

- All gear for classic and skating sessions (skis, poles, boots) -Skis prepped and ready to go
- basic wax box and a few basic grip waxes that can be put in your pack
- outdoor clothes for all weather/training conditions (down jacket, snow pants, and ski mitts for riding chairlift)
- small backpack for packing lunch and drinks, thermos with hot drink is a good idea
- water bottle
- Running shoes and indoor/outdoor comfortable/workout gear (Friday evening)
- Headlamp for Friday evening
- Ski bag for carry skis/poles up/down the chairlift (share a bag with your teammates)
- multiple masks for any time indoors.
- Vaccine Passport (kids 12+ for restaurants, all coaches/parent helpers)
- Medical number
- Hot packs (optional)

Camp Schedule

*NOTE: CAMP SCHEDULE SUBJECT TO CHANGE DUE TO WEATHER/SNOW CONDITIONS.

November 27, Friday evening – Panorama Village

16:30 Camp information Session for Parents, Coaches, and athletes
Location: **Outside Great Hall Ticket Booth**

17:00 – 19:00 Indoor/Outdoor Team building and dryland activities

November 28, Saturday – Panorama Summit

8:45 Meet at Panorama Base outside ticket window

9:15 Upload Mile One Quad

9:45-15:15 Skate Skiing at Panorama Summit

16:00 Arrive at base

November 29, Sunday – Location TBD

9:00 – 15:00 Classic Skiing (we will advise location on Saturday)

