



Teck Regional Snow Camp – 2017

Vancouver Island – Coast

Hosted by Strathcona Nordic Ski Club

- Name of Camp: Teck Regional Snow Camp 2017 – Vancouver Island - Coast
- Dates: December 27-29, 2017
- Location: Mount Washington Nordic Centre, Raven Lodge, Courtenay
- Contact: Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches: Andrea Stapff, Brad Fraser, Marika Galik, Nick Holylome, Gavin MacPhail, Sarah Henckel, Jim Bratrud, Dave Pinel, David Li.
- Camp Start Time: 9:30 am Wed Dec 27. This camp is organized in a day camp format with two on-snow sessions per day beginning at 9:30 am and 1:00 pm. Meals are not provided. Accommodation is not provided. **Accommodation is available on a first come first serve basis at the Vancouver Island Mountain Centre**, located at the Nordic venue. Ensure you let the Mountain Centre staff know that you are with the SNSC team/camp. Contact the VIMC at 250-331-9355.
- Camp End Time: 2:30 pm Fri Dec 29.
- Camp Fee: Administration fee of \$7 per athlete. All athletes and coaches must have a Mt Washington trail pass or season pass for each day.
- Ages: This camp is open to cross country ski racers who are current members of a club program: Track Attack, Juniors or Masters. Athletes between the ages 8-16 will receive Teck camp swag.
- Registration: On-line through Zone4.ca only. Following the camp, on Dec 30, the club is hosting the **Zone 6 BC Winter Games Trials and Club Race**. All camp participants are encouraged to attend. Registration for the trials and club race are on-line through Zone4.ca.
- Inquiries: Andrea Stapff – Junior racers and masters
andrea.stapff@gmail.com
250-202-7096
Sarah Henckel – Track attack racers
henckel@shaw.ca
250-871-6767



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What to Bring:

- ✓ all gear for classic and skate skiing (skis, poles, boots)
- ✓ all skis glide waxed and ready to go
- ✓ kick waxes, cork (Juniors and Masters)
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ snacks for pre/post training
- ✓ heart rate monitor (Juniors and Masters)
- ✓ lunch or lunch \$