

**Regional Camp  
Coast**



**Teck**

## **2017 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL**

Hosted by: Strathcona Nordic Ski Club

**September 29 – October 1, 2017**

**Miracle Beach Provincial Park, Black Creek, BC, Group Campsite**

Coaches: Andrea Stapff, Brad Fraser, Sarah Henckel, Gavin MacPhail, Jim Bratrud, Nick Holyome

This camp is open to any race team athlete, Devo (Track Attack) or Junior, from any Vancouver Island/Coast club.

Accommodation is tent camping; please organize yourselves into tent groups in advance of the camp. All meals will be provided from dinner on Friday to snacks on Sunday morning. Every participant is asked to bring a box of granola/energy bars or a healthy snack (muffins, loaf, energy balls) to contribute to group snacks and desserts.

### Friday

- 4:30pm – arrival at group campsite, set up
- 5:30pm – team meeting, dynamic warm-up, group games
- 6:30pm – dinner
- 9:30pm – lights out

### Saturday

- 7:30am – activation
- 7:45am – breakfast (and make lunch)
- 9:00am – Juniors: roller skiing – Hamm Rd, 3km or 5km Time Trial  
Devos: run/strength
- 1:00pm – 60min of quiet time/rest
- 3:00pm – Juniors: strength  
Devos: roller skiing
- 6:00pm – dinner
- 7:00pm – athlete education/information session
- 9:30pm – lights out

### Sunday

- 7:30am – activation
- 7:45am – breakfast

9:00am – Juniors: roller skiing – Clarkson Rd, technique, video  
Devos: run/sprints  
11:30am – pack-up, clean-up, pick-up  
12:00pm – Junior Team parent meeting

What to bring:

- Medical form (if you did not attend May Camp) – this form **MUST** be handed in at the start of camp, email ANDREA if you need the form
- Your own **labeled** bowl, plate, utensils, water bottle, drink belt, HR monitor (if you own one)
- Personal items, tent, camping gear, bathing suit, towel
- Training clothes, high visibility shirt or vest for roller skiing, helmet, gloves, boots, poles, roller skis (club roller skis will be provided for Devos)
- Rain gear, warm layers
- A GREAT attitude!

Mobile devices may not be used during ANY training session, group session, meal times or quiet time and **MUST** be handed in to coaches for overnight storage at lights out.