

**Regional Camp
Coast**



Teck

TECK 2018 Regional Spring Snow Camp

Coast – Vancouver Island

MT WASHINGTON

May 4-6, 2018

It's time to kick-start the new season with some superb spring skiing and tons of Nordic FUN!!!

Location: Mt Washington – Upper Nordic Trails

Youth Athletes: This camp is open to any current Junior or Devo (Track Attack) athlete and especially welcomes any new athletes wishing to join the SNSC Junior or Devo programs. Additionally, this camp is open to and welcomes race team athletes from mainland clubs.

Based on the Long Term Athlete Development model, athletes in the Learn to Train (Devos, age 8-11), Train to Train and Learn to Compete (Juniors, age 12-18) stages of development will benefit from this camp.

Master Athletes: Master athletes are welcome and encouraged to attend the Saturday and Sunday training sessions. Accommodation is not provided for Masters.

In the event of insufficient snow pack, the camp will become a dry-land camp.

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

Accommodation: Vancouver Island Mountain Centre and additional mountain accommodations.

Registration & Cost:

Juniors – Full Camp - \$180 - Friday 4pm to Sunday 8pm, includes two nights accommodation, all meals/snacks, 5 training sessions, trail grooming and evening activities.

Devos (Track Attack) – Full Camp - \$150 - Friday 4pm to Sunday 8pm, includes two nights accommodation, all meals/snacks, 5 activity or training sessions, trail grooming and evening activities.

Devos (Track Attack) – Day Camp - \$90 - For new/younger Devos only, a day camp format is being offered, Friday 4pm to Sunday 8pm, includes lunch/dinner/snacks, 5 activity or training sessions, trail grooming and evening activities.

Masters – Day Camp - \$25 per day – 8:30am to 4pm, Saturday and/or Sunday, includes lunch, morning and afternoon training sessions and trail grooming.

The focus for this camp is all about FUN; working on good ski technique with your friends and teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

Registration and payment is on www.zone4.ca, deadline to register is April 30th. For registration inquiries please contact andrea.stapff@gmail.com.

Training and Activity Times:

- Friday:**
- 4pm – arrival
 - 4:30 to 6pm – Devos – training activity
 - 4:30 to 6pm – Juniors – classic volume ski
 - 6:30pm – dinner at your group accommodations
 - 7:30pm – evening activity followed by team meeting
 - 9:30pm – Devos – lights out
 - 10pm – Juniors – lights out
- Saturday:**
- 7:15am – wake-up, activation
 - 7:30am - breakfast
 - 8:30 to 11am – Junior/Masters athletes – skate technique and volume ski
 - 9 to 11am – Devo athletes – skate technique and volume ski
 - 11:30pm – lunch
 - 1 to 2pm – quiet time and rest
 - 2:30 to 4pm – All athletes – classic technique and volume ski
 - 5:30pm - dinner
 - 7:30pm – evening activity followed by team meeting
 - 9:30pm – Devos – lights out
 - 10pm – Juniors – lights out
- Sunday:**
- 7:15am – wake-up, activation
 - 7:30am – breakfast
 - 9 to 11:30am – All athletes – skate relays and volume ski
 - 12pm – lunch
 - 1 to 2pm – quiet time and rest
 - 2:30 to 4pm – Juniors/Masters – classic technique and volume ski, clean-up/pack
 - 2:30 to 4pm – Devos – training activity followed by clean-up/pack

What to bring:

Training gear – be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes, running shoes.

Equipment – skate and classic skis/boots/poles (kister will be provided), heart rate monitor (Juniors), drink, belt, water bottle, hat, sun glasses, sunscreen.

Comfortable lounging around clothing, towel, personal items. (All bedding will be provided.)

A great attitude!!

Electronic devices may NOT be used during training sessions, quiet hour, group activities and meetings. Cell phones and other electronic game devices will be gathered at bedtime each evening.

See you on the Mountain!