

**Regional Camp
Coast**



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2018 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL

Hosted by: Strathcona Nordic Ski Club

September 14-16, 2018

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

Coaches: Andrea Stapff, Brad Fraser, Sarah Henckel, 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 lunch 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 – camp meeting, dynamic warm-up and easy group run
- 6:30pm – dinner
- 9:30pm – lights out

Saturday

- 7:30am – activation
- 7:45am – breakfast (and make lunch)
- 8:30am – Juniors: skate roller ski – Hamm Rd, time trial and intervals
- 9:00am – Devos: easy run and strength
- 1:00pm – 60min of quiet time/rest
- 3:30pm – Juniors: easy run and strength
Devos: skate roller ski
- 5:30pm – dinner
- 6:30pm – all camp activity
- 9:30pm – lights out

Sunday

- 7:30am – activation
- 7:45am – breakfast (and make lunch)
- 8:30am – Juniors: classic roller ski – Hamm Rd/Mt Washington, hill climb

9:00am – Devos: skate roller ski – Clarkson Rd, technique
1:00pm – pack-up, clean-up, pick-up
1:00pm – Junior Team parent meeting

What to bring:

- 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, skate and classic boots, poles and roller skis (club skate roller skis will be provided for Devos who do not have their own)
- 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 WILL be handed in to coaches for overnight storage at lights out.