

**Regional Camp
Coast**



Teck

Teck Regional Snow Camp – 2018

Vancouver Island – Coast

Hosted by Strathcona Nordic Ski Club

- Name of Camp: Teck Regional Snow Camp 2018 – Vancouver Island - Coast
- Dates: December 27-30, 2018
- 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, Sarah Henckel, Jim Bratrud, David Li.
- Camp Start Time: 9:30 am Thurs 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.
- Camp End Time: 12:00 pm Sun Dec 30.
- 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.
- Eligibility: This camp is open to cross country ski racers who are current members of a club program: Devos/Track Attack, Juniors or Masters in any Coast region club.
- Registration: On-line through Zone4.ca only.
- Inquiries: Andrea Stapff – Juniors and Masters
andrea.stapff@gmail.com
250-202-7096
- Sarah Henckel – Devos and Track Attack
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 \$