

Teck Regional On-Snow Camp Notice (Coast) Whistler, November 29 – Dec 1, 2019

Host Club: Whistler Nordics, Hollyburn
www.whistlernordics.com
admin@whistlernordics.com

Camp head coach: Maria Lundgren
Ph: 604-906-1081
coaching@crosscountrybc.ca

This is an on-snow camp for youth age 9+ years in the Coast region. Athletes will stay at the Athletes' Lodge, located in the Athletes' Village in Whistler on Friday and Saturday night. Meals will be catered by Whistler Food Co and the following food will be provided; Friday (snacks), Saturday (breakfast, snack, lunch & dinner) and Sunday (breakfast, snack & lunch). Please eat before you arrive on Friday!



Camp schedule

Start: Check-in Friday Nov 29th at 6pm at the Athletes' Lodge, Team meeting in the Hub at 7pm.

End: Sunday Dec 1st at 1pm. Pick-up is outside the Technical Building at the Cross-Country Stadium.

Camp has a full participation policy. The participants are expected to arrive at 6 pm on Friday November 29th and stay until the camp ends at 1 pm on Sunday December 1st unless a prior arrangement has been made with the head coach. Teck Coast Cup #1 will be included in camp and all participants will take part in this race on Sunday December 1st. Each club will supply a code for their members registered for the camp to use when signing up for the Coast Cup race (no charge). Activities at this camp will include; on snow training, strength session, team building activities, gymnastics and race preparations to attend the first Coast Cup race.

Please confirm your attendance by registering at <https://zone4.ca/register.asp?id=22365&lan=1&cartlevel=1>

Registration closes at midnight on November 7th. (Accommodation needs to be confirmed by Nov 8)

Camp Fees: **\$165** (includes meals, accommodation and a gymnastics session)

Trail Fees: **\$16.38 (\$7.80 day + 5% GST)** – athletes with a Seasons Pass at WOP does not pay a trail fee

Address of accommodation: 1080 Legacy Way, Whistler, BC, V8E 0L1.

Accommodation is in twin rooms (2 participants per room), bedding is provided.

Call for volunteers

To make the camp run smoothly and keep costs low we are looking for volunteers to:

- Assist with **coaching** on both days, overnight accommodation provided (*see below).
- **Drive** kids to Whistler Olympic Park and back to the athlete lodge on Saturday and to Whistler Olympic Park on Sunday.
- Help coordinate the **food** distribution on Saturday morning, Saturday night, Sunday morning.
- Stay over and provide **supervision** at the athlete lodge on the Friday and Saturday night. *Note that those people staying over at the lodge need to be coaches (e.g. certified with an up to date Criminal Record Check)

Please email Maria Lundgren, coaching@crosscountrybc.ca to confirm where you can help.

On-snow camp packing list

- BC Care Card/ Medical Number
- Personal toiletry items & towel
- Sunscreen & Lip Balm
- Sunglasses
- Rain Jacket
- Puffy Jacket
- Training Clothes
- Socks
- Long underwear
- Toque
- Gloves
- Running shoes
- Classic Skis, Boots and Poles (Bring
- Rock skis (skate and classic) if possible)
- Skate Skis, Boots and Poles
- Water bottle and carriers
- Headlamp
- Pajamas & comfortable clothes for
- Saturday evening
- Indoor training clothes (for gymnastics)
- Basic first aid (band-aids, polysporin, moleskin, tape for feet etc)
- Wax for your skate and classic skis

Please leave electronic devices at home for the weekend.

All participants (16 years and under) will receive a toque from Teck and Cross Country BC:

