

**Regional Camp
Kootenay**



Teck



TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY)
September 25th- 27th, 2020



The end of September is a perfect time to kick-start the fall season with a multi-day camp that will include some team building, trail running, strength and agility training, roller skiing, and piles of FUN! Join us in Kimberley for some great training, fun outdoor activities, and community building.

Location

The camp is in Kimberley, BC at the Kimberley Nordic Club (KNC). The lodge will remain open all weekend. You can tent or set up a trailer in the stadium area. No water or electrical hook-ups are available. Please note that bears can be in the area. Some activities will start from the lodge, but roller skiing will mainly occur on the Rails to Trails, requiring individual transport to the trails. Parent volunteers are needed.

Athletes

This camp is open to skiers aged 9-18: with skiers 9-12 in one cohort; and skiers 13-18 in a second cohort. There is a maximum of 50 individuals per cohort based on COVID safety planning. This includes athletes, coaches and volunteers. Based on the Long Term Athlete Development model, athletes in the Learn to Train, Train to Train and Learn to Compete stages of development will benefit most from this camp.

Parents

If your athlete is 12 years of age and younger, you are required to sleep on site with your athlete. Please leave electronic devices away for the weekend! (You'll have so much fun that you won't miss them!)

Coaches

Graham MacLean, Frank Ackermann, special guest Maya MacIsaac-Jones and many other great coaches.

Volunteers

We are looking for volunteers in varying capacities:

- Group Sweeps in runs, roller skiing; car pooling support, lead or assist in games and team building activities; dinner prep and clean up on Saturday; clean up after the camp.
- Parent coaches/coaches please come and learn alongside other coaches. We would like to have an opportunity for you to learn in a mentorship setting.
- If you are on our volunteer coach list, we will provide you with a discount code to cover the cost for your Saturday evening meal. Contact Frank Ackermann at coach@kimberleynordic.org for this discount code.



Registration & Cost

The focus for this camp is FUN, as well as time to bond with your teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or chaperones will be responsible for all meal times other than Saturday dinner, as well as evening/night-time supervision.

Registration and payment is on zone4 at <https://zone4.ca/reg.asp?id=24456>, and the deadline to register is September 21st. For registration inquiries, please contact coach@kimberleynordic.org.

Cost for the camp is \$80 for athletes of all ages. The fee includes rental of the lodge, snacks on all days for the athletes, and dinner on Saturday night. For parents/guests not registered for the camp, dinner tickets will be available through zone4.ca at \$20 per person. Everyone will be responsible for all of their own breakfasts and lunches, as well as dinner on Friday night.

Teck will be awarding athletic T-Shirts to participants aged 16 and under.

Full participation is encouraged with this camp. This means that the goal is to have participants arrive when the camp starts on Sept 25th and stay until the camp ends on September 27th unless you have made prior arrangements with Frank Ackermann.

COVID-19 Safety Requirements

Every athlete, coach and helper must sign the "Participant Agreement" before attending camp. Shuttling athletes is not permitted. Athletes will have to be transported by their families. There must not be more than 50 individuals involved in the camp activities, at any time. This includes coaches, and volunteer coaches.

If you attend this camp, you must follow these rules:

- Sign the online Participant Agreement acknowledging your acceptance of the risks at: <https://zone4.ca/register.asp?id=23995>.
- Complete the online self-assessment tool, on a daily basis before arriving, and continue to do so for the duration of the camp.
- If you don't feel well or are displaying symptoms of COVID-19, prior to the camp, you must stay home.
- If you have traveled outside of Canada, you must self-isolate for a minimum of 14 days prior to the camp starting.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-9 prior to the camp, stay home.
- Bring your own training equipment, water bottle and hand sanitizer.
- Wash your hands before participating.
- Comply with physical distancing measures AT ALL TIMES.
- Car pooling may be done beyond family groupings if all persons in the vehicle are wearing masks.
- Avoid physical contact with others, including shaking hands, high fives, etc.

- Leave the field of play as quickly as possible after you finish.
- If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), sanitize your hands, go straight to your room, and complete the online self-assessment tool. If severely ill (e.g., difficulty breathing, chest pain) have the person in charge call 911. (The person in charge should also ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- If you have any health and safety concerns regarding the camp environment, inform the person in charge.
- Bring your own food for training sessions, and to snack on between meals.

What to Bring

- B.C. Care Card/Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc.)
- Sunscreen and lip balm with sun block
- Sunglasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Rain Jacket and Pants.
- Training clothes for very hot through to cold, wet and miserable weather
- Camping supplies (i.e. tent, sleeping bag, thermarest, pillow, chairs, cooking and eating utensils, etc.)
- Socks (lots of extra socks in case of wet weather)
- Shorts/pants/sweatshirt/t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves for roller skiing and for being outside in other training
- Day pack suitable for hiking and moving your items to offsite training locations
- Running shoes
- Heart rate monitor (for athletes 14 and older)
- Water bottles/water belts
- Headlamp and batteries
- Small personal first aid kit
- Homework
- Yoga mat or foamy
- Skate roller ski equipment (ALL) includes: roller skis (roller-blades acceptable for younger or beginners; and if you have both classic and skate roller skis, bring them both), poles with carbide tips, boots, helmet, reflective vest, gloves

Please note: **Reflective vests, or HI VIS T-shirts, sunglasses, and helmets are MANDATORY** for roller ski sessions. You will not be allowed to participate in roller ski sessions if you do not have them.

Please have all items well marked with first and last name and club. Please refrain from bringing any electronic devices for the duration of the camp - there is no Internet access at KNC. Electronic games, videos, etc. will not be permitted.

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September 25th- 27th, 2020

Schedule

| | Time | Activity for 9-12 | Activity for 13-18 |
|-----------------|-------------------|--|--|
| Friday | 3:30pm | Arrive at the KNC and set up your tents/check-in with the coaches. | |
| | 4:00pm - 5:30pm | Core and balance session with Shenoa Runge. | Fun team-bonding activity followed by trail run. |
| | 5:30pm - 7:00pm | Fun team-bonding activity followed by trail adventure. | Strength session with Shenoa Runge. |
| Saturday | 9:00am - 11:00am | Meet at Kimberley Aquatic Centre. Younger athletes/beginners will roller-ski and compete in a fun obstacle course. | Meet at Civic Centre. Older athletes will do some slow technique-focused skiing and video analysis at R2T (Civic Arena/Aquatic Centre) – until 10:00, then head to bottom of Gerry Sorenson Road, followed by a skate time trial starting at 10:30am up Gerry Sorensen Way (3.5km uphill time trial) |
| | 11:00am - 12:00pm | Lunch (on your own). | |
| | 12:00pm - 1:30pm | Quiet time and rest. | |
| | 1:30pm - 3:00pm | Meet at KNC. Scavenger hunt for younger group. | Meet at Kimberley Aquatic Centre. Roller ski obstacle course for older skiers. |
| | 3:00pm - 4:30 pm | Team building activity at KNC. | Breathing and relaxation session with Kirsten Guest. |
| | 4:30pm - 6:00pm | Quiet time and rest. | |
| | 6:00pm – 7:00pm | Dinner at the KNC lodge. | |

| | Time | Activity for 9-12 | Activity for 13-18 |
|---------------|------------------|--|--|
| Sunday | 9:00am – 12:30pm | Ski hill climb and descent. | Trail run at the Nordic Centre. Older athletes will run RTM (Round the Mountain) and younger athletes will start at 10:00am and run a loop around Dipper Lake. |
| | 12:30pm | Lunch and clean-up prior to departure. | |