

Regional Camp Northern



Teck

Sept 25th-27th 2020 Prince George, BC

This is an overnight dry-land camp for Northern BC skiers born 2011 and older. Activities will include roller skiing, running and hiking, and strength exercises. Athletes will stay in tents Friday and Saturday nights.

Host Club:

Caledonia Nordic Ski Club
8141 Otway Rd
Prince George, BC

Camp Head Coach:

Tuppy Hoehn
Caledonia Nordic
Cell: 250-961-8332
Email: tuppy@hoehn.ca

CCBC Guest Coach:

Eric De Nys
Sovereign Lake Nordic
Cell: (403) 609-7197
Email : eric@sovereignlake.com

Assistant coaches:

Jeni Lee, Graeme Moore, Umesh Parshotam, Belinda Hanlon, Darren Ditto, Steve Wickham, and others TBC

Registration:

Register at Zone4.ca

Go to: <https://zone4.ca/register.asp?id=24413&lan=1&cartlevel=1>

Registration Closes: Friday, September 18th at midnight
(or when numbers reach capacity) Don't wait until the last minute to register.

Camp Begins: Fri. Sept 25th 6:00 pm at Otway Ski Club

Camp Ends: Sun. Sept 27th 2:00pm (approximately) at Otway Ski Club

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept 25th and stay until the camp ends on Sept 27th unless you have made prior arrangements with the Head Coach. Each family will need a parent to camp with their child/children. Parents will be expected to help with food preparation, shuttling, etc. If you are a parent/coach who would like to help coach, please let Tuppy know.

Teck t-shirts: T-shirts will be provided to each participant 16 years and under at this camp.

Camp Fee: \$75 This includes the Zone4.ca processing fees

This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch), all activities and coaching.

Dry-land Camp Packing List

- B.C. Care Card/ Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc)
- Face Masks – 2 per person
- Hand Sanitizer
- Sunscreen and lip balm with sunblock
- Sunglasses
- Towel
- Rain Jacket & Rain Pants
- Insulated Jacket
- Training clothes for very hot through to cold miserable weather
- Warm Sleeping Bag, Sleeping Mat, Pillow, Tent
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt/ Long underwear (casual clothes)
- Clothes to sit around the campfire in (cozy!)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running Shoes
- Ski Striding Poles (10 cm shorter than regular classic poles - i.e. mid-chest height)
- Heart Rate Monitor (if you have one) and/or a watch with an alarm
- Water bottles and carrier
- Headlamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Skate Roller Ski Equipment
 - Roller Skis (blades), poles with road tips, boots, **helmet, reflective vest**, gloves
 - *Reflective vests 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.
- Your own snacks for the weekend (ideally food that does not need to be refrigerated)
- A dozen baked goodies to share
- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify Head Coach of any allergies, special dietary requirements, or relevant medical conditions (also complete relevant fields on the online Registration)
- Please leave electronic devices at home for the weekend!!!!!!
(You'll have so much fun that you won't miss them)

COVID-19 Safety Requirements:

- If you choose to participate, you must follow these rules:
- All individuals have signed the online [Participant Agreement](#)
- acknowledging their acceptance of the risks.
- All individuals have completed the [online self-assessment tool](#), on a daily basis before arriving.
- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you must self-isolate for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-9, please stay home.
- Wash your hands before participating.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures AT ALL TIMES. Have a mask and sanitizer with you in case physical distancing is not possible.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), sanitize your hands, go straight home, and complete the online self-assessment tool. If severely ill (e.g., difficulty breathing, chest pain) have the person call 911. (And that person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- If you have any health and safety concerns, inform the person in charge and/or the CCBC office.

CAMP SCHEDULE (subject to change / weather dependant)

FRIDAY

5:30pm – 6:00pm Coaches Meeting at picnic table outside main lodge

6:00pm - 6:30pm Arrival at Otway and Icebreaker Games

6:30pm - 7:00pm Set Up Tents & Campsite at Gravel Pit

7:00pm - 8:00pm Yoga with Cynthia at Gravel Pit

8:00pm – 8:45 Firepit

9:00pm lights out, bed time

SATURDAY

7:00am - 7:30am activation

7:30am - 8:30am Breakfast

8:45am – 9:00am Drive to Ecole Lac Des Bois

9:00am-10:30am Run, Jump, Pull tests

10:30am – 10:45am Snack Break

10:45am – 11:45am Running Technique and Drills with Cory Watts

12:00pm - Drive back to Otway

12:15pm - 1:30pm lunch at Otway

2:00pm Depart for Willowdale Road

2:30pm – 4:30pm Rollerski Technique and Agility

4:30pm Drive back to Otway

5:00pm - 6:00pm Downtime/prep questions for Q&A session

6:00pm-7:30pm Dinner and Campfire Dessert

7:30pm-8:45pm Q&A with older athletes around campfire

9:00pm lights out, bedtime

SUNDAY

7:00am-7:30am activation

7:30am-8:30am Breakfast

8:30am Depart for Greenway Trailhead/Takla Rd Trailhead

8:45am Run/Hike with Poles on Greenway Trail to Otway

1:00pm-2:00pm final lunch and clean up at Otway, camp debrief