

TECK REGIONAL SNOW CAMP OKANAGAN



November 11-13, 2023

This is an on-snow camp for athletes 9 - 14 years of age who reside in the Okanagan region. Coaches and athletes will stay at The Pinnacles Suites, located at Silver Star Mountain Resort, on Saturday and Sunday nights. The following meals will be catered by Long Johns: Sunday (bag lunch & dinner) and Monday (bag lunch). Please eat before you arrive on Saturday and bring breakfast food and snacks for both Sunday and Monday.

Locations: Sovereign Lake Nordic Centre and Silver Star Mountain Resort, Vernon

Accommodation: The Pinnacles Suites, Silver Star Mountain, 9885 Pinnacles Rd, Vernon, BC

Camp Contact: Lindsey Olineck, CCBC Athlete Development Coordinator
Ph: 250-545-9600
Email: adcoord@crosscountrybc.ca

Head Coach: Adam Elliot, CCBC Development Squad Head Coach

Camp Schedule:

Start: Check-in Saturday November 11 at 6pm at the Pinnacles Suite, Team meeting at 7pm.

End: Monday November 13th at 12pm. Pick-up is at the Pinnacles Suites.

The camp has a full participation policy. The participants are expected to arrive at 6 pm on Saturday November 11, and stay until the camp ends at 12pm on Monday November 13th (unless a prior arrangement has been made with the head coach). Activities at this camp will include on snow training, strength session, team building activities and movie night.

Registration:

Please confirm your attendance by registering at: <https://zone4.ca/register.asp?id=33046>

Registration closes at midnight on Monday October 2nd. (Accommodation needs to be confirmed by October 7th). **Maximum 50 participants** due to logistics/accommodation.

Camp Fee:

Camp fee is \$225, this includes accommodation November 11-13, 2023, catered meals starting with a bag lunch on November 12 and ending with a bag lunch on November 13, ***Athletes will be responsible for bringing their own breakfast and snacks for the camp***, coaching, ski passes and administration. Please check in the Zone 4 registration if you already have a Sovereign Lake ski pass. CCBC would like the camps to be inclusive as possible for athletes living in the Tolko region, **therefore if you feel you need an additional discount to attend, please enter the code "TOLKO2023" in the discount code box on Zone4 and \$40.00 will be deducted from your camp fee**, honors system please.

Special thank you to Tolko for supporting our Athletes In Need Fund and helping to send our Provincial Team athletes to camp.



Call For Volunteers:

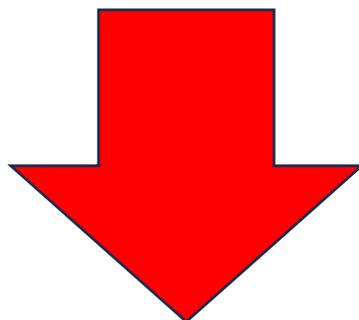
To make the camp run smoothly and keep costs low we are looking for volunteers to:

- Assist with coaching on both days, overnight accommodation and food will be provided.
- Coaches must have minimum NCCP Community Coach 'training' and have an up-to-date Criminal Record Check.
- Drive kids to Sovereign Lake and back to the Pinnacles Suites on Sunday and Monday
- Help coordinate the food distribution on Sunday morning, Sunday night, and Monday morning.
- Stay over and provide supervision at the Pinnacles Suite on the Saturday and Monday night.

Please fill out Zone4 registration if you are able to help with coaching

***Note that those people staying over at The Pinnacles need to be coaches (e.g. certified with an up to date Criminal Record Check) ***

Please email CCBC Athlete Development Coordinator, Lindsey Olineck,
adcoord@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
 - Indoor training clothes
 - 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
 - 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 will receive a toque from Teck and Cross Country BC ***