



CAMP NOTICE
TECK NORTHERN REGIONAL DRYLAND CAMP 2023

Friday, September 15 - Sunday, September 17

- Host club:** Caledonia Nordic Ski Club
Otway Nordic Centre, 8141 Otway Road
Prince George, BC
- Contact individual: Nicole Callaway 250-961-4586
- Camp Opens:** Friday, September 15 at 5pm
- Camp Closes:** Sunday, September 17 at 12pm for families travelling, and 2pm for local families.
- Camp Fee:** \$80 for athletes.
Coaches, parent helpers and volunteers will have meals included.
- Registration:** Zone 4 registration
<https://zone4.ca/register.asp?id=32703>
- Opens August 28, 2023
Closes September 12, 2023
- Coaches:** Graham MacLean, Ali Cadell, Tuppy Hoehn, Graeme Moore, Andrea Stapff
Plus assistant coaches from participating clubs.
- Eligibility:** Athletes aged 9-18 (2005-2014)
ALL athletes will be given a T-shirt with registration
- Lodging:** Athletes are permitted to stay on site indoors in either the upstairs of the main cabin or the tech cabin.
- Athletes may also camp in the stadium area. Tents, tent trailers, and travel trailers are welcome.
- Local athletes may choose to stay at home

Athletes 12 and under sleeping overnight must be accompanied by an adult.

Camp activities: Roller skiing, running, strength training, ski bounding and striding, and games☺

Food: Meals and snacks will be provided from Friday evening to Sunday lunch.

Friday will be snacks only in the evening. Please arrive having had dinner.

We kindly request that each family bring a dozen of something yummy to share over the weekend. Please bring to kitchen area and staff.

We are looking forward to meeting all of you that attend. We are certainly going to have a fantastic weekend of training together!! Wahooo!!!

PACKING LIST

Equipment:

- Skate roller skis, boots, and poles
- Classic roller skis if you have them for U14-U18
- **Helmets and reflective vests are mandatory for ALL roller ski sessions.**
- Ski striding poles (mid-chest height or 10cm shorter than regular classic poles)
- Running shoes
- Discs for disc golf supplied, but feel free to bring your personal faves
- Water bottles. Bring at least 2. If you have a waist holder/ hydration vest bring those too.
- Heart rate monitor if you have one
- Headlamp
- Yoga mat
- Daypack would be handy to carry things to various sites.
- Gloves for running, ski striding, and roller skiing.
- Sunglasses
- Sunscreen
- Sleeping bag, pillow and mat if sleeping overnight
- **Label your things!! Especially your discs if you bring them.**

Clothing:

- Clothes for warm and cool weather. Remember layers.
- Lots and lots of socks. It could be wet out there.
- Rain jacket
- Workout gear for running and roller skiing
- Shorts, tights, pants, t-shirts, long sleeves, hoody, dry hanging out clothes
- Rain jacket
- Fleece jacket/ puffy jacket
- Hats: ball cap, toque, buff
- Towel, facecloth
- Bathroom supplies: toothbrush, toothpaste, deodorant, emergency "period pack" ('cause you never know)
- PJ's if sleeping over

Extras:

- BC Care card
- Utensils, plate, bowl, cup, mug
- Bug spray
- **1 dozen of something yummy to share (to be given to kitchen volunteers)**

CAMP SCHEDULE

FRIDAY:

5:00-6:00 pm Arrival of athletes and fun games.
6:00-7:30pm Ski striding and bounding with strength
7:30-7:45pm Snacks
7:45-9:00pm Yoga with special guest Jaylene☺
9:00-9:30pm Snacks and lights out

SATURDAY:

7:30-8:00am Wake up/activation run
8:00-9:00am Breakfast
9:00-12:30pm Willow Cale for skate roller ski session. This includes drive time.
12:30-1:30pm Lunch and free-time
1:30-4:00pm Running Scavenger Hunt at Otway
4:00-4:30pm Free Time and snacks
4:30- 5:30pm Dinner
5:30-7:30pm Disc golf with special guests Aaron and John☺
7:30-9:00pm Fireside S'mores and Q&A with coaches
9:00-9:30pm Bedtime set up and lights out

SUNDAY:

7:30-8:00am Wake up/activation run
8:00-9:00am Breakfast and bed clean up
9:00-12:30pm Willow Cale for skate roller ski for U10 and U12
Classic roller ski, if you have them, for U14 to U18
Time trials for U14 to U18 (U10-U12 to watch and cheer)

12:30pm Home for our families travelling. Drive safely!!

Local athletes and families return to Otway to help clean up and coach debrief.

THANK YOU EVERYONE!!!!

