

2023 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISLAND

September 22 - 24, 2023 – Miracle Beach Provincial Park, BC

Host Club: Strathcona Nordic Ski Club

Head Coach: Adam Elliot, 250-859-8464, adam_elliott556@hotmail.com

Participants: This camp is for Junior and Devo (L2T) athletes, ages 8-18.

Details: Camping for 2 nights at the Miracle Beach Campground (Group Site). Activities include roller skiing, ski striding, running, and strength exercises. All camp activities will occur at Miracle Beach Provincial Park. Please Be prepared to train in all types of weather.

Families are to provide all tenting/accommodations for their racers. Devo athletes must have a parent chaperone. Junior athletes can stay with peers or families, as arranged by athletes/families.

Registration: is open from August 22 to September 17, 6pm. If your athlete would like a Teck sponsored t-shirt, **please complete registration by September 8, 6pm.**

Registration on zone4.ca: [CLICK HERE](#)

Camp fee: The camp fee is **\$80 per athlete**. The camp fee includes tent space for devo parents/volunteers and coaches. Camp fees include meals (Friday dinner to Sunday breakfast) for athletes, parent chaperones, volunteers, and coaches.

Agenda:

Friday September 22:

- camp arrival: 4:30-5:30pm all athletes
- 6pm dinner
- 7pm evening activity

Saturday September 23:

- Breakfast 8am
- roller skiing:
 - Juniors – 9am start,
 - Devos – 9:30am start
- lunch, all athletes: 12pm

Regional Camp Coast



Teck

- ski striding/strength: 1:30pm
- dinner, 5:30pm
- evening activity: 7:30pm
- in tents/lights out: 9:00pm

Sunday September 24:

- Breakfast 8am
- scavenger hunt/adventure run: 9:30-11am
- pack and clean-up: 11-12pm
- camp end: 12pm

What to Bring:

- **Bring your own dishes for all meals**
- **Athletes should bring their own snacks**
- drink belt or water bottle & carrier
- sunscreen, lip balm with sunblock, hat, sunglasses
- gloves
- rain jacket, rain pants
- warm jacket
- training clothes for hot to cold, wet weather (long sleeve, short sleeve, shorts, long pants, extra socks)
- running shoes
- an extra set of dry clothes and dry running shoes
- heart rate monitor (if you own one)
- skate roller ski gear (skate roller skis/boots, skate poles, helmet, high visibility shirt or vest, gloves (high visibility clothing and helmets are **MANDATORY** for roller skiing), Devos will be able to borrow club skate roller skis
- striding poles (10cm shorter than classic poles, i.e. mid-chest height, or classic poles)
- towel
- personal items and toiletries
- your favourite card game or board game
- positive attitude and lots of enthusiasm!!!

What NOT to Bring:

- **leave ALL (yes, ALL) electronic devices** at home, the primary purpose of this camp is team building and having FUN together as a TEAM