



## Teck Regional Spring Snow Camp

### Coast – Vancouver Island

*Mount Washington, BC*

*April 28-30, 2023*

Start the new season with some Nordic FUN - on snow!!!

#### **Camp Location: Mount Washington Nordic trails and Vancouver Island Mountain Centre**

This camp is open to any current Devo (Track Attack) or Junior athlete and welcomes **NEW** athletes wishing to join the Strathcona Nordic Ski Club, Devo or Junior Race programs. See below for further details regarding camp eligibility for new skiers.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11yrs), Train to Train (Juniors 12-15yrs) and Learn to Compete (Juniors 16-20yrs) will benefit from this camp.

This Regional Camp is also open to athletes from off-island clubs provided they are current race program members at their respective clubs.

IN THE EVENT OF INSUFFICIENT SNOW LEVELS THE CAMP FORMAT MAY BE MODIFIED.

**Registration** and payment is on [www.zone4.ca](http://www.zone4.ca), **registration CLOSES on April 24, 2023.**

For registration inquiries please contact [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)

**Camp Format:** This camp is intended for athletes focused on fitness, skill and race preparation development. The primary goal is technique development and skiing appropriate to the age and stage of the athletes.

NEW athletes wishing to join the Devo or Junior programs must first ensure that camp participation has been confirmed by the lead coach of the programs. If you are unclear about suitability of participation please contact the Camp Head Coach, Andrea Stapff, [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com).

**The Devo camp** is a two day, day camp with training sessions on Saturday, morning and afternoon, and Sunday, morning with an optional Sunday afternoon session. Lunch is provided both days. See the Camp Schedule below for more details. Bring your own preferred training hydration and preferred training snacks.

**The Junior camp** is a two and a half day, overnight camp format beginning at 4:30pm Friday. Training will take place on Friday after school, Saturday, morning and afternoon, and Sunday, morning and afternoon. The Junior camp also includes evening information sessions. Meals from dinner on Friday, to lunch on Sunday will be provided. Bring your own preferred training hydration and preferred training snacks. Accommodation is at the Vancouver Island Mountain Centre. A mattress cover and pillow will be provided. You will need to bring your own sleeping bag, pillowcase and towel.

**Parents and siblings** of camp participants are welcome to ski on the groomed camp trails during camp hours. We kindly ask that you DO NOT ski on trails outside of camp hours in order to allow for grooming operations for the camp to proceed.

**Parent volunteers** will be needed to support the camp, shopping for camp groceries, preparing meals and in particular preparing lunches. If you are able to volunteer please indicate so on the zone4 registration form.

## Camp Schedule:

- Friday:** 4:30pm – arrival and afternoon ski – Juniors  
Dinner and evening program – Juniors
- Saturday:** 7:15am – activation – Juniors  
Breakfast – Juniors  
**8:45am – arrival – Devos**  
9:00am – morning session, ALL athletes, Skate  
Lunch  
1:00pm – Devos, afternoon session, Classic  
2:00pm – Juniors, afternoon session, Classic  
**3:00pm – pick-up – Devos**  
Dinner and evening program – Juniors
- Sunday:** 7:15am – activation – Juniors  
Breakfast – Juniors  
**8:45am – arrival – Devos**  
9:00am – morning session, ALL athletes, Skate  
Lunch  
**1:00pm – Devos, optional afternoon session, Classic OR pick-up**  
2:00pm – Juniors, afternoon session, Classic  
**3:00pm – pick-up – Devos**  
**5:30pm – pick-up - Juniors**

## What to Bring:

Training gear – be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes.

Equipment – skate and classic skis (skins, zeros or waxables - klister will be provided), skate and classic boots, skate and classic poles, heart rate monitor (Juniors), hat, sun glasses, sunscreen.

Nutrition – drink belt/water bottle and preferred training hydration and preferred training snacks.

Junior Camp participants – sleeping bag, pillow case, bath towel, clothing and personal items for overnight camp.

A great attitude! The focus of this camp is skill development, trying your best and having FUN!

Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

**See you on the Mountain!**