

**Regional Camp  
Northern**



**Teck**

**CALEDONIA**  
N O R D I C • S K I • C L U B

## **CAMP NOTICE**

### **Teck Northern Regional Dryland Camp**

**Friday, Sep 30 – Sunday, Oct 2**

- CAMP OPENS:** Friday, Sep 30 at 2pm. Activities begin at 4pm
- CAMP CLOSES:** Sunday, Oct 2 at 1pm.
- CAMP LOCATION:** Otway Nordic Centre, 8141 Otway Rd  
Prince George, BC
- HOST CLUB:** Caledonia Nordic Ski Club – [www.caledonianordic.com](http://www.caledonianordic.com)
- FEE:** \$50 for athletes.  
\$10 for a parent helpers who want dinner.  
Coaches are free.
- COACHES:** Graham Maclean  
Andrew Brisbane  
Ali Cadell  
Coaches from the Ski North group of clubs
- REGISTRATION:** Registration opens Wednesday, Sep 7 at 12:00 pm on [Zone4](#)  
Fees payable by credit card only.  
Registration closes Tuesday, Sep 27 at 11:59pm.
- ELIGIBILITY:** Athletes aged 8 and up are welcome to attend. Teck-branded t-shirts will be available for participants 16 and under.
- CAMP ACTIVITIES:** Roller Skiing  
Running  
Ski striding and bounding  
Games  
Strength and agility
- FOOD:** Includes 2 dinners and snacks.

**Breakfast and lunch are not included.** We will have milk and juice available for your convenience. Refrigerators, microwave, coffee maker, stove and oven are all available for athletes, coaches and parents staying on site.

**ACCOMMODATIONS:** While all athletes are encouraged to stay on site for the duration of the camp, local athletes are permitted to sleep at home provided they return by 8:15am both mornings and stay for the day.

Campers 12 and under staying overnight must be accompanied by an adult .

Indoor sleeping space is available in the upper lodge and upper technical building.

Tents and trailers are permitted in the stadium. Please be bear aware and respect our resident bears.

**PACKING LIST:**

Equipment:

- Skate roller skis, boots and poles
- Classic roller skis (if U16/18 and you have them) boots and poles
- Helmet (REQUIRED!)
- Reflective/high-viz shirt or vest
- Water bottle holder/waist pack
- Roller ski gloves
- Spare roller ski pole tips
- Striding/bounding poles (recommended 15-20cm shorter than classic poles but don't stress! Anything shorter than your classic poles will do fine.)
- Running shoes
- Headlamp with extra batteries

Please label your equipment with your name and club name!

Sleeping gear:

- Tent if sleeping
- Floor mat
- Sleeping bag
- Pillow
- Sleep mask and ear plugs if you need them
- pjs

General gear:

- B.C. Care Card
- Personal hygiene items (toothbrush, toothpaste etc.)
- Utensils, coffee cup, cup, soup bowl, plate, dishcloth, drying cloth.
- Sunglasses, sunscreen, and a hat.
- Training and casual clothing for all weather: hot, cold and wet days!
- 1 dozen baked goods per family.

Note! There are no showers on premises. We encourage you to bring clothes and towels to get the muck off! All local public pools are closed during camp.

**TENTATIVE  
SCHEDULE:**

<b>FRIDAY</b>	
2:00 pm	Camp opens. Ice breaker games in the stadium as attendees arrive.
4:00 pm	Striding/bounding instruction, agility and strength in the gravel pit. Older athletes striding/running.
6:00 pm	Dinner
7:00 pm	Games
8:30 pm	Bed time! Anyone sleeping at home can be picked up.
9:30 pm	Lights out.
<b>Saturday</b>	
7:00 am	Activation Run
7:30 am	Breakfast
8:15 am	Locals report to camp
8:30 am	Depart for Willowdale
9:00 am	Skate roller skiing, technique and agility
11:15 am	Depart for Otway
11:30 am	Lunch
12:30 pm	Downtime
1:30 pm	U10/12/14: striding and bounding with speed work U16/18: long run, perhaps the Greenway
4:30 pm	Games while waiting for Greenway runners to return.
6:00 pm	Dinner
7:00 pm	Senior athlete racing Q&A session around a fire
8:30 pm	Bed time! Anyone sleeping at home can be picked up
9:30 pm	Lights out.
<b>Sunday</b>	
7:00 am	Activation Run
7:30 am	Breakfast
8:15 am	Locals report to camp
8:30 am	Depart for Willowdale
9:00 am	Skate roller skiing, double pole. Older athletes on classic roller skis.
11:15 am	Depart for Otway
11:30 am	Pack up.
12:00 pm	Post camp huddle and pep talk from Graham and Andrew.
12:30 pm	Camp closes. Lodge will be open for lunch prep.