

**Regional Camp  
Northern**



**Teck**

Teck Regional Snow Camp, Northern BC  
Bulkley Valley Nordic Centre, Smithers, BC  
Dec 8-10, 2023



**Host Club:** Bulkley Valley Cross Country Ski Club <https://bvnordic.ca>

**Eligibility:** Northern Region Skiers 9 – 17 years of age

**Camp Dates and Times:**

Friday December 8 – 5:30 pm to Sunday December 10 – 12:00 pm

**Accommodations:** For out-of-town attendees, the Bulkley Valley Nordic Centre Buchfink Lodge will be available for sleeping. It is equipped with washrooms, a kitchen and plenty of floor space. Please bring your own sleeping bag, pad and pillow. There are options to stay at hotels in town, if preferred, at your own cost. Local athletes will return home after camp activities finish for the day.

**Camp Fee:** Early Bird - \$100 until Nov. 24, 2023, and Late Registration - \$125 until Dec. 1, 2023. There is a cap of 70 athletes, **there will be NO registration after Dec. 1.**

The fee includes trail fees, use of the BV lodge, snacks, and Saturday night dinner.

**Coaches:** Andrea Stapff (Bulkley Valley Nordic Head Coach), Graham Maclean (CCBC) and other certified local coaches.

NOTE: Coaches need to register for the camp. If you are interested in coaching at the camp, please email [denise.kelly@bvnordic.ca](mailto:denise.kelly@bvnordic.ca) for a DISCOUNT CODE that will set your Zone4 registration cost to \$0.00.

**Regional Contact:** [andrea.stapff@bvnordic.ca](mailto:andrea.stapff@bvnordic.ca)

**Zone 4 Registration:** <https://zone4.ca/register.asp?id=33520>

**Food:** Saturday night dinner will be provided along with daily snacks and these are included as part of registration. Athletes are required to bring their own lunch and drinks for Saturday and Sunday. Out of town participants staying at the lodge will need to provide their own breakfasts. Limited refrigerator space will be available, and coolers are recommended.

All families registering members for the camp are requested to **please contribute 1 dozen or 1 batch of baked goods** which will constitute part of snacks offered throughout the weekend.

Non-registered additional family members may purchase dinner vouchers for \$12, this includes volunteers.

## Snow Camp Itinerary 2023

### FRIDAY Dec. 8<sup>th</sup> 5:30 – 8:00 pm

5:30 pm Check in, drop off bags for out-of-towners  
 5:30-6:00pm Coaches meeting  
 6:00 pm Lantern ski – 1.5 hours-skate, with headlamps  
 7:30 Hot chocolate and snack (stadium)  
 8:00 Home for locals  
 9:45 Lights out at the lodge

### SATURDAY Dec. 9<sup>th</sup> 8:45 am – 8:30 pm

7:30am Breakfast and clean-up lodge  
 8:30 Coaches meeting  
 8:45 Welcome and group warm-up  
 9:00 Form groups, meet coaches, warm-up ski (skate)  
 9:15 Skate technique sessions  
 10:45-11:00 Snacks at the lodge  
 11:00 -11:15 Skate time trial pre-race prep (bibs, etc.)  
 11:15 Skate time trial start  
 12:00-12:45pm Lunch and lunch clean-up  
 12:30-12:45 Wax of the day lesson for **parents** of groups DEF (wax hut)

Time	Groups ABC	Time	Groups DEF
12:45-1:30	Waxing presentation (lower lodge)	12:45-1:30	<b>Parents</b> prep classic skis (wax hut)
1:30-2:00	<b>Athletes</b> prep classic skis (wax hut)	12:45-2:00	Crafting for DEF athletes (upper lodge)

2:00-2:15 All athletes test classic skis for grip and glide  
 2:15-3:45 Classic ski stations in groups  
 3:45-4:00 Snacks at lodge and wax touch-up  
 4:00-5:00 Classic distance ski with groups  
 5:30 Dinner at lodge  
 6:15 Adventure race movie (upper lodge)  
 7:00-8:00 Talent show

8:00	Coaches meeting
8:30	Home for locals
9:45pm	Lights out at lodge

**SUNDAY Dec. 10<sup>th</sup> 8:45 am – 12:00 pm**

7:30am	Breakfast and clean-up for lodge families
8:30	Coaches meeting
8:45	Welcome and group warm-up
9:00-9:30	Warm up ski with groups (classic)
9:30	Mass start practice (classic)
10:00-10:30	Snacks at lodge
10:30-10:45	Group photo
10:45-11:45	Inter-age relay (costumes encouraged)
11:45-12:00pm	Awards/camp wrap-up

### List of Items to Bring:

- Classic and Skate skis, boots and poles
- Grip wax for classic skis
- Tools to clean skis – scrapers, solvent, paper towels
- Water bottle and carrier
- Lunch and drinks
- Training clothes, including an extra set for more options
- Warm weather clothing – puffy, extra mitts/gloves, socks
- Sunglasses, sunscreen, lip balm
- Headlamp
- Overnight gear if staying at the lodge
  - Sleeping bag, pillow, pad
  - Toiletries
  - Breakfasts x2
- Capacity to learn new skills, be safe and have an enormous amount of fun!

The focus of the camp will be to have FUN! The camp will provide opportunities to refine and improve both classic and skate techniques under the guidance of experienced coaches as well as time to bond with your teammates and make new friends.

Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or chaperones will be responsible for evening/night time supervision.