

**Regional Camp
Northern**



Teck

Presented By Bulkley Valley Nordic Ski Club, Smithers, BC.

- Name of Camp: Teck Northern Regional On Snow Camp 2014
- Dates: Friday, November 28th to Sunday, November 30th, 2014.
- Location: Bulkley Valley Nordic Centre, Smithers, BC (6 km up ski hill road)
- Contacts: Chris Werrell (Head Coach/Camp Coordinator), Leslie-Jean Macmillan (Registration) Anne-Marie Findlay (contact)
- Camp Start Time: 6:00 PM on Friday November 28th. Camp starts at 7:00PM.
Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
- Camp End Time: Approx 12:30 PM on Sunday November 30th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on November 28th and stay until the camp ends on November 30th unless prior arrangements have been made with the Camp Coordinator.
- Camp Fee: The camp fee is \$70.00 (\$45 for other siblings). This includes Accommodation (Friday and Saturday nights), meals (Friday snacks, Saturday breakfast through to Sunday lunch)
- Ages: 8-16 year olds welcome
All Athletes under 12 years old **must have** a parent or adult responsible for them to stay overnight with them at the lodge (Friday and Saturday night). (All out-of-town clubs must have 1 coach or parent stay with the group)
- Registration: Registration is available through <https://zone4.ca/reg.asp?id=7903>

Every participant between the ages of 8-16 will receive an AWESOME! Teck Camp T-Shirt

We will all be camping out at the Buchfink lodge, so sleeping bags and gear are required for Friday and Saturday night.

We will have lots of coach support and great food, and of course great snow by the looks of things right now!

Please confirm your attendance by registering on Zone4 by before November 21st. Also please let us know if you have any food allergies or dietary requirements. **LATE REGISTRATIONS ARE SUBJECT TO A \$10 LATE FEE. Please let contact know which parent will be staying.**

Contact:

Chris Werrell
(250) 917-9678
coach@bvnordic.ca

general inquiries
Anne-Marie Findlay
findlay-price@telus.net

Leslie-Jean MacMillan
(250) 847-8858
skiboosters@bvnordic.ca

What to Bring List:

- ✓ all gear for classic and skating sessions (skis, poles, boots)
- ✓ skis glide waxed and ready to go
- ✓ basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- ✓ paper towels
- ✓ ski suit & warm-ups, running shoes (all outdoor ski gear)
- ✓ outdoor clothes for all weather conditions
- ✓ homework
- ✓ small backpack
- ✓ personal toiletry items, including a towel
- ✓ water bottles
- ✓ medical number
- ✓ heart rate monitors (older athletes)
- ✓ Camping gear for at the lodge (sleeping bags, foamies, pillows)

Camp agenda will be posted on the Bulkley Valley Cross Country Ski Club Website (www.bvnordic.ca) by November 21st, 2013

Look forward to seeing you all (again) soon!!