



## TECK NORTHERN REGIONAL SNOW CAMP

**November 30- December 2, 2018 in Smithers, BC**

**Location:** Bulkley Valley Nordic Centre

Website: [www.bvnordic.ca](http://www.bvnordic.ca)

**Ages:** Target ages 8-14 year olds. All out of town athletes must have a parent or adult responsible for them to stay overnight at the lodge (Friday and Saturday night). Majority of local athletes will be returning home for sleeping.

**Coaches:** Bulkley Valley Cross Country Ski Club Head Coach, Lisa Perry; Caledonia Nordic Ski Club Head Coach, Nicole Perrin; and more Train to Train and Learning to Train Certified coaches from the Northern Region.

**Accommodations:** We will use the Bulkley Valley Nordic Lodge for accommodation. There are washrooms, a small kitchen and lots of places to sleep on the floor.

**Camp Fee:** Cost of the camp for 8-14 year olds is \$100 until November 18, 2018. Nov 19-25 camp fee is \$125. Maximum participants is 50 athletes.

The fee includes trail fees, use of the BV Lodge, snacks on all camp days, lunch Saturday and Sunday, Saturday evening activity and dinner Saturday, plus the time and energy of all the coaches and volunteers to make this camp AWESOME for Skill Development and FUN ☺

Out of town participants, staying at the lodge, will need to provide their own breakfasts.

For guests/parents not registered as coach for the camp: Regular trail day use fees also apply at \$10 per person and can be purchased at lodge.

**Parent/chaperone duties:** Parents and chaperones are expected to help with transportation to/from Bulkley Valley Nordic Centre, and are required to assist with evening/night time supervision as well as clean up duties during meal and snack times.

**Registration:** [www.zone4.ca](http://www.zone4.ca). Search "Teck Regional Snow Camp (Northern)"

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.

**Checklist (*check off items as they are packed*)**

- Skis (classic and skate) *Your skis must be clean and scraped! Check snow conditions, if not much snow you may want to bring older skis.*
- Boots (classic and skate, or combi) *Make sure they still fit.*
- Poles (classic and skate) *Make sure they still fit.*
- Selection of grip waxes and/or klister
- Tools and supplies to clean skis (scraper, wax remover, paper towels)
- Drink belt/bottle holder
- Ski clothing
  - lycra (race) suit or something that snow doesn't stick to.
  - long underwear
  - warm up pants and jacket
  - toque
  - gloves
- Running shoes
- Snow Boots
- Heart rate monitor (older athletes)
- Comfortable after ski clothing
- Personal toiletries
- Towel and bathing suit
- Homework.
- Sleeping stuff:
  - sleeping pad
  - sleeping bag
  - pillow
  - ear plugs
  - headlamp

Please refrain from bringing any electronic devices for the duration of the camp. Games, videos, etc. will not be permitted during the camp.

### Schedule (Draft):

<b>Friday</b>	<b>Event</b>	
5:30pm	Registration	
6:00	Outdoor Icebreaker Games (bring snow boots) and Indoor activities	
6:45	Snack	BVCCSC will provide
7:00	Camp info session	
7:15	Easy Stretching/Core	
7:45	Home for locals, Out of towners may stay at lodge.	
9:00	Sleep – rest up for big day 😊	

<b>Saturday:</b>	<b>EVENT</b>	
7:30 am	Breakfast and clean-up	Out of town athletes/parents responsible for themselves
8:45– 9:15	Warm-Up, Balance and Agility	
9:20	Ski Session	
10:30	Snack	BVCCSC will provide
11:00	Ski Session	
12:00	Lunch and clean-up	BVCCSC will provide
1:00	Ski Session	
2:30	Snack	BVCCSC will provide
3:00	Ski Session OR Yoga and Arts & Crafts for younger groups	
5:00	Dinner and clean-up	BVCCSC will provide
6:00	Evening Group Activity	
8:30	Easy Stretching/Core	
9:00pm	Quiet time	
9:15	Lights Out—Big day of skiing tomorrow 😊	
<b>Sunday</b>		
7:30 am	Breakfast and clean-up and pack up	Out of town athletes/parents responsible for themselves
8:45-9:00	Warm-Up, Balance and Agility	
9:00	Ski Sessions	
10:00	Snack	BVCCSC will provide
10:15	Ski Sessions – Group Activity	
11:20	Group Photo	
11:30	Lunch	BVCCSC will provide
	Wrap-up, thank you's over lunch	

**See you at the Bulkley Valley Nordic Centre!**