



Teck Regional Snow Camp – 2016

Vancouver Island – Coast

Hosted by Strathcona Nordic Ski Club

- Name of Camp: Teck Regional Snow Camp 2016 – Vancouver Island - Coast
- Dates: December 27-30, 2016
- Location: Mount Washington Nordic Centre, Raven Lodge
Mount Washington Alpine Resort, Courtenay, BC
- Contact: Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches: Andrea Stapff, Brad Fraser, Gavin MacPhail, Sarah Henckel
- Camp Start Time: 9:30 am Tues Dec 27. This camp is organized in a day camp format with two on-snow sessions per day beginning at 9:30 am and 1:00 pm. Meals are not provided. Accommodation is not provided. **BUT accommodation is available on a first come first serve basis at the Vancouver Island Mountain Centre** for any families interested in staying up at the mountain during the camp. A block of rooms for Strathcona Nordics has been set aside. Ensure you let the Mountain Centre staff know that you are with the SNSC team/camp when booking. Contact the VIMC at 250-331-9355.
- Camp End Time: Juniors/Masters: 2:30 pm Fri Dec 30
Devos: 2:30 pm Thurs Dec 29
- Camp Fee: Free!
- Ages: This camp is open to nordic ski racers 8 years of age and up!
- Registration: On-line through Zone4.ca only.

Every participant between the ages of 8 and 16 will receive some AWESOME Teck Camp swag!

- Inquiries: Andrea Stapff – Juniors and Masters
andrea.stapff@gmail.com
250-202-7096
Sarah Henckel – Devos
henckel@shaw.ca
250-871-676



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What to Bring:

- ✓ all gear for classic and skate skiing (skis, poles, boots)
- ✓ skis glide waxed and ready to go
- ✓ kick waxes kit (Jrs and Masters)
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ snacks for pre/post training
- ✓ yoga mat (Jrs and Masters race team athletes)
- ✓ heart rate monitor (Jr and Masters race team athletes)
- ✓ lunch or lunch \$