

**Regional Camp
Kootenay**



Teck

***Teck Regional Snow Camp Kootenay Dec 2-4, 2016
Hosted By The Fernie Nordic Society, Fernie, BC.***

Eligibility: Kootenay Skiers Born ages 9+

All Athletes under 10 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)

Dates: Friday, December 2nd to Sunday, December 4th, 2016

Location: Fernie, BC.

Exact Location to be determined

We will all be sleeping on a floor at a location to be determined, so sleeping bags and sleeping pads are required for Friday and Saturday night.

Schedule to be sent upon confirmation of registration

Camp Organizer: Johnny Shaw (Fernie Nordic Society)
johnnypshaw@hotmail.com

Camp Begins: Camp sign in at 5:30pm. Potluck Supper will begin at 6:30pm.

*****All parents will be asked to bring an item for the Friday potluck.***
Contact Anie Hepher for details: hepherfamily@gmail.com.

Camp Ends: 12:00 noon on Sunday December 4th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on December 2nd and stay until the camp ends on December 4th unless you have made prior arrangements with the Camp Organizer.

Camp Fee: The camp fee is \$100.00 (siblings \$75). This includes

Accommodation: (Friday and Saturday nights), meals (Friday snacks, Saturday breakfast through to Sunday breakfast), CCBC/Teck hat, 2 days of trail passes and zone4 fees.

Register here: <https://zone4.ca/reg.asp?id=13859&lan=1&cartlevel=1>

Registration Closes November 28th, 2016

Checklist (check off items as they are packed)

- Skis (classic and skate) Your skis must be clean and scraped!
- 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
 - long underwear
 - warm up pants and jacket
 - toque
 - gloves
- Running shoes
- Comfortable after ski clothing
- clothing for cross fit/yoga
- Personal toiletries
- Towel and bathing suit
- Homework.
- Sleeping stuff:
 - sleeping pad
 - sleeping bag
 - pillow

What Not to Bring:

Please refrain from bringing any electronic devices for the duration of the camp. Games, videos, etc. will not be permitted during the camp. Cards, board games, books etc. are encouraged.

The focus for this camp is FUN, as well as time to bond with your teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times. Coaches and/or chaperones will supervise athletes during the daytime activities.

Parent/chaperone duties: Parents and chaperones are expected to help with transportation to/from the Elk Valley Nordic Trails or FAR , and are required to assist with evening/night time supervision. In addition, a reminder that Friday night's dinner is potluck style and everyone is expected to bring something to share.

The Fernie Nordic Society cannot control the Weather or Snow conditions. If there is not enough snow, this camp will be run as a drylands camp.

Refunds will only be granted if the organizer cancels the camp.