

**Regional Camp
Northern**



Teck

Teck Regional Fall Dryland Camp (Northern)

Dates: October 3-5, 2014

Host Club: Caledonia Nordic Ski Club

Head Coach: Chris Manhard (Callaghan Valley Training Centre Head Coach)

Location: Otway Nordic Centre, Prince George, BC

Accommodation: All athletes will stay at the Caledonia Nordic Ski Club Lodge. Parents are welcome and encouraged to attend as chaperones/helpers as well.

Camp begins: 6:00pm, Friday October 3, 2014

Tentative Schedule:

Friday evening: Core and Strength and a short run

Saturday Morning: Roller ski

Saturday Afternoon: Trail run on the Greenway

Saturday evening: yoga/stretching

Sunday Morning: ski walk/run at Otway

Camp ends after lunch on Sunday, October 5th

Please bring:

Sleeping bags, pillows and mats

Roller skis, poles; skate and classic, boots

Protective equipment; hi visibility vest, helmet, gloves

Roller blades if you do not have roller skis

Clothing for any weather-hot cold wet and dry

Running shoes or trail runners, water bottle

Sleeping clothes and toiletries

All food is provided from Saturday breakfast to Sunday Lunch. Please eat before you arrive on Friday.

Cost is \$70 per athlete. Registration will be open on Zone 4 on Monday, September 8th

For more information, please contact Cynthia Andal at programadmin@caledonianordic.com