



Teck Okanagan Regional Dryland Camp, September 19th – 20th, 2020

Revelstoke Nordic is hosting two day camps based out of the Macpherson Nordic Lodge. Athletes may choose to attend one or both days of the camp. Athletes are responsible for transportation arrangements to and from the camp. There will be no food provided at the camp. On Saturday, we will be skate roller skiing, ski striding and completing an orienteering / strength course. On Sunday, we will be doing a long adventure hike / run.

There is no cost to the camp.

Host Club: Revelstoke Nordic

Camp Dates and Times: Athletes may choose to participate in one or both of the day camps:

- Saturday, September 19th from 9am – 4pm
- Sunday, September 20th from 9am – 1pm

Eligibility: Skiers born 2003 – 2011.

Location: The Macpherson Nordic Lodge, located 7km south of the TransCanada Highway on 23S. There will be washrooms, water and gear storage available on-site.

Regional Coach: Matt Smider: coach@revelstokenordic.org, (250) 683-9012

Registration: Eligible athletes AND coaches may register through zone4.ca until 11:59pm on Wednesday, September 16th, 2020

Camp Fee: There is no fee for this camp. Athletes under the age of 16 will receive a Teck Regional Camp t-shirt.

Schedule: The schedule will be finalized and sent out to registrants once registration closes and we know our participants numbers. Here is our rough outline:

Saturday AM: Skate roller ski

Saturday PM: Ski striding, orienteering and strength

Sunday AM: Adventure hike / run

Food: No food will be provided at the camp. Athletes are required to bring their own lunch on Saturday and appropriate during and post- training snacks for both days.

Transportation: Athletes are responsible for their transportation to and from the camp. Athletes aged 2008 and younger will be transported in coach vehicles to Blanket Creek Provincial Park for their roller ski session. Athletes and coaches will be required to wear masks while in vehicles. Where possible, vehicle configurations will place athletes of the same family / club together.

Packing List:

- *Face mask and hand sanitizer*
- BC Care Card
- Training clothes for conditions ranging from warm and dry to cold and wet
- Casual clothes for in between Saturday sessions and conditions ranging from warm and dry to cold and wet (include warm jacket for cool evenings)
- Running shoes
- Casual footwear
- Rollerski equipment (skate rollerskis, boots, poles, helmets and reflective vests)
- Ski striding poles
- Water bottle and carrier

Accommodations: There will be no accommodations provided for the camp. For those interested in arranging their own overnight accommodations in Revelstoke, visit [here](#) for more information. [Blanket Creek Provincial Park](#) and [Begbie Falls Recreation Site](#) are nearby campgrounds. Both areas are first-come, first-serve during camp dates.

Looking forward to seeing everyone at camp! Please direct any questions to coach@revelstokenordic.org.