

**Regional Camp
Kootenay**



Teck



TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY)



Sept 30th - Oct 2nd, 2022

This is the perfect time to kick-start the fall season with a multi-day camp that will include some team building, trail running, strength and agility training, roller skiing, and piles of FUN! Join us in Kimberley for some great training, fun outdoor activities, and community building.



Location

The camp is in Kimberley, BC at the Kimberley Nordic Club (KNC). You can tent or set up a trailer in the designated area just south of the stadium/creek (please see the [map](#) for reference). The KNC lodge will remain open all weekend and you can have access to the lodge. Please keep the lodge and kitchen area clean and tidy. The same 110V electrical hook-ups that we use for our races will be available to campers in the stadium area (bring your own extension cords). Please note that bears can be in the area. Some activities will start from the lodge, but roller skiing will mainly occur on the Rails to Trails, requiring individual transport to the trails. **Parent volunteers are needed for shuttling of skiers.**

Athletes

This camp is open to skiers aged 9-18: with skiers 9-12 in one cohort; and skiers 13-18 in a second cohort. Based on the Long Term Athlete Development model, athletes in the Learn to Train, Train to Train and Learn to Compete stages of development will benefit most from this camp.

Parents

If your athlete is 12 years of age and younger, you are required to sleep on site with your athlete. Please leave electronic devices away for the weekend! (You'll have so much fun that you won't miss them!)

Coaches

Frank Ackermann, Pauline Forren, Benoit Chauvet, John Shaw and other great coaches TBD.

Volunteers

We are looking for volunteers in varying capacities:

- Group Sweeps in runs, roller skiing; lead or assist in games and team building activities; dinner prep and clean up on Friday and Saturday; clean up after the camp.
- Parent coaches/coaches please come and learn alongside other coaches. We would like to have an opportunity for you to learn in a mentorship setting.
- If you are a volunteer parent or coach, please sign up for specific sessions via [Kimberley Nordic Racers: 2022 Fall Regional Camp Volunteers \(signupgenius.com\)](#). Each coach will receive one complimentary meal ticket for each 2 sessions you volunteer for (for a maximum of 2 meal tickets per person)



Registration & Cost

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. Parents and/or chaperones will be responsible for all meal times other than Friday and Saturday dinner, as well as evening/night-time supervision.

Registration and payment is on Zone4 at [Teck Regional Fall Dryland Camp Sept. 30 to Oct. 2, 2022 | Zone4 Online Registration](#), and the deadline to register is September 22nd. For registration inquiries, please contact manager@kimberleynordic.org



Cost for the camp is \$100 for athletes of all ages. The fee includes rental of the lodge, snacks for the athletes, electrolyte drink, and dinner on Friday and Saturday night. For parents/guests not registered for the camp, dinner tickets will be available through Zone4 at \$20 per person/meal. Everyone will be responsible for all of their own breakfasts and lunches.

Teck will be awarding athletic T-Shirts to participants aged 16 and under (see below for photo).

Full participation is encouraged with this camp. This means that the goal is to have participants arrive when the camp starts on Friday morning, Sept 30th, and stay until the camp ends on Oct 2nd unless you have made prior arrangements with coach@kimberleynordic.org



COVID-19 Safety Requirements

If you attend this camp, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, prior to the camp, you must stay home.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-9 prior to the camp, stay home.
- Bring your own training equipment, water bottle and hand sanitizer.
- Wash your hands before participating in each session.
- Comply with physical distancing measures in indoor spaces.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- If you have any health and safety concerns regarding the camp environment, inform the person in charge.
- Bring your own food for training sessions, and to snack on between meals.
- Wear a mask inside the KNC Lodge.

What to Bring

- B.C. Care Card/Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, face mask, etc.)
- Sunscreen and lip balm with sun block
- Sunglasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Rain Jacket and Pants.
- Training clothes for very hot through to cold, wet and miserable weather
- Camping supplies (i.e. tent, sleeping bag, Thermarest, pillow, chairs, cooking and eating utensils, etc.)
- Roller ski Equipment
- Ski striding poles (older age group)
- Socks (lots of extra socks in case of wet weather)
- Shorts/pants/sweatshirt/t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves for roller skiing and for being outside in other training
- Day pack suitable for hiking and moving your items to offsite training locations
- Running shoes
- Heart rate monitor (for athletes 14 and older)
- Water bottles/water belts
- Headlamp and batteries
- Small personal first aid kit
- Homework
- Yoga mat or foamy



Skate roller ski equipment (ALL) includes: roller skis (roller-blades acceptable for younger or beginners; and if you have both classic and skate roller skis, bring them both), poles with carbide tips, boots, helmet, reflective vest, gloves.

Please note: Reflective vests, or HI VIS T-shirts, sunglasses, gloves, and helmets are **MANDATORY** for roller ski sessions. You will not be allowed to participate in roller ski sessions if you do not have them.

Please have all items well marked with first and last name and club. Please refrain from bringing any electronic devices for the duration of the camp - there is no Internet access at KNC. Electronic games, videos, etc. will not be permitted.

This year's Teck Regional Camp T-Shirt is PINK! Not only can this shirt be worn while you do your dryland training, it can also be worn with pride on PINK SHIRT DAY!

