



Welcome to the 2024 Teck Regional Snow Camp (Kootenay) at Black Jack near Rossland! We respectfully acknowledge that we live, work and play on the traditional, ancestral, and unceded territories of the Sinixt, Sylix, and Ktunaxa First Nations. We honour all other Indigenous people who walked on and care for these lands before us and continue to do so. We are excited to have Kootenay region athletes, coaches, volunteers, and families here at Black Jack for a great weekend building our skills, having fun and training!

We are planning camp activities at both our Main Trailhead and Biathlon Trailhead. However, if snow levels are low from the Main Trailhead at the time of camp, all the camp snow activities will move to Biathlon Trailhead.

Name of Camp:	Teck Regional Snow Camp (Kootenay)
Dates:	November 29 - December 1, 2024
Camp Start Time:	4:30 PM PST November 29, 2024 at Rich Thorpe Cabin at the Main Trailhead. Athletes and coaches are expected to arrive in time to pick up trail passes and camp toques and be ready to start their first activity on classic skis at 5:00 PM.
Camp End Time:	12:30 PM PST December 1, 2024 This camp has a full participation policy. This means that participants are expected to arrive when the camp starts and stay until the camp ends unless you have made prior arrangements with

	the Head Coach.
Location:	Black Jack Ski Club, Rossland, BC Maps of all locations at Black Jack are available at skiblackjack.ca
Coaches:	Black Jack Head Coach: George Grey Email: sdp@skiblackjack.ca CCBC Coach: Adam Elliot
Camp Fee:	The Camp fee is \$125. This fee includes all camp scheduled activities, snacks, Friday evening supper, Saturday evening supper and social event, use of Black Jack facilities, and trail passes. All athletes, coaches, and volunteers will be responsible for their own breakfast, lunch and supplementary snacks.
Athlete Eligibility	Athletes aged 9-17 at the time of the camp are welcome to attend. Toques will be available to all athletes 16 and under at registration.
Athlete Registration:	Zone 4 registration link https://zone4.ca/register.asp?id=36992
Athlete Registration Closes:	Friday, November 22, 2024 at 5:00 PM PST Note: Camp fees cannot be refunded after the registration deadline
Coach and Volunteer Registration:	We are looking for volunteer coaches with their CC Trained, L2T Trained, or T2T Trained and above qualifications. We are also looking for volunteer helpers for a variety of positions: https://www.signupgenius.com/go/60B094AACAE23A2FF2-52485933-teck Coaches are also required to sign up via the Zone 4 registration link above. Coaches will also receive 3 PD Points towards their Maintenance of Certification. Volunteers will receive a supper meal ticket each day they volunteer to a maximum of two suppers. Volunteers will also receive complimentary trail passes on the days they volunteer.
Accommodations	Accommodations are the responsibility of the attendees. However, we have arranged preferential rates at the Nowhere Special Hostel located just down the road from Black Jack at Red Mountain Resort. There are a few private rooms with queen beds available and also several 8-person dorm rooms and one 10-person dorm room. We suggest working with your teammates to share! Contact Nowhere Special directly to book at 250-362-7000. Let them know you're with the Cross Country BC Camp at Black Jack for camp pricing. https://www.nowherespecialhostel.com/
Transportation	Travelling between event locations will be your own responsibility, but carpooling will be allowed and encouraged. Please be aware that there may be times when there are two sessions in different

	<p>locations in the same morning. Please arrive at the location for each event ready to ski at the start time.</p>
Meals	<p>Tickets for Friday and Saturday supper will be available for purchase for \$15/each for those who would like a meal but are not participating in the camp or receiving a volunteer meal ticket.</p> <p>Please note that the meals included with the camp are prepared by volunteers. Dietary restrictions will be accommodated unless the complexity of adapting the meal exceeds the capacity of our volunteers. However, please consider the possibility of cross-contamination when deciding whether you or your athlete should participate in the meal.</p> <p>Please bring your own clean, reusable cutlery to reduce waste. Also, there is no running water available at Black Jack. We ask that you fill up your bottles at your accommodations.</p>

Draft Schedule (locations and a few times are subject to change if snow conditions are not sufficient at the Main Trailhead, final schedule to be posted on skiblackjack.ca):

Date	Time (PST)	Location	Activity Ages 9-12	Activity Ages 13-17
Friday, Nov. 29, 2024	16:30	Rich Thorpe Cabin, Black Jack Main Trailhead	Registration	
	17:00	Black Jack Main Trailhead	Classic Ski Games	
	17:30		Classic Ski with Coach-led groups	Classic Ski with Coach
	18:15		Dinner	
	18:45			Dinner
	19:15		Depart to own accommodations	
Saturday, Nov. 30, 2024	9:00	Black Jack Main Trailhead	Skate Technique Stations	Warm Up Skate Time Trial Cool Down Debrief
	10:00		Snack	
	10:15		Ski Orienteering	
	11:30		Depart to own accommodations	
	14:30	Black Jack Main Trailhead	Classic Technique Stations	Classic Technique Session and Downhill Technique Session
	15:30		Classic Ski with coach-led groups	
	16:00		Large Group Game	
	16:30		Depart to Supper and Social	
	17:00	TBC	Dinner	
	17:30		Social	
	18:30			Dinner

	19:15		Depart to own accommodations	
Sunday, Dec. 1, 2024	9:00	Black Jack Biathlon Trailhead	Skate Ski Race Start Techniques	
	9:30		Skate Technique and ski with coach-led groups	Coach-led technique ski to Main Trailhead, Terrain Park, Lunges
	10:45		Transport to Main Trailhead and Snack Break	
	11:15	Black Jack Main Trailhead	Warm Up	
	11:30	Black Jack Main Trailhead	Relay	
	12:00		Cool Down	
	12:30		Camp Wrap Up and Clean Up	

What to Bring List:

- all gear for classic and skating sessions (skis, poles, boots)
- skis glide waxed and ready to go
- basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- headlamp
- paper towels
- ski suit & warm-ups, winter boots
- heart rate monitor (ages 13-17)
- outdoor clothes for all weather conditions
- homework
- bathing suit and swim towel
- small backpack
- personal toiletry items, including a towel
- water bottles, filled, including something you can bring with you on the trails
- medical number
- cutlery for dinners
- food for breakfast, lunch, and supplementary snacks