

**Regional Camp  
Kootenay**



**Teck**

## TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY) Sept 27<sup>th</sup> – Sept 29<sup>th</sup>, 2024

Welcome to the 2024 Teck Dryland Camp in Kimberley!

We are looking forward to having you here for an awesome long weekend of training and fun. We respectfully acknowledge that we live, work and play on the unceded territories of the Ktunaxa First Nations.

**Activities include:** Team-building, a variety of fun orienteering courses, strength with Shenoa, ultimate frisbee, and Classic and skate roller skiing, (on Rails to Trails, an obstacle course, and for 13+ athletes a skate time trial)

**Host Club:** Kimberley Nordic Club

**KNC Head Coaches:** Colin Ferrie and Michael Albert. Phone: (250-581-1180) Email: [coach@kimberleynordic.org](mailto:coach@kimberleynordic.org)

**Dryland Camp Guest Head Coach:** Adam Elliot

**Registration:** <https://zone4.ca/register.asp?id=36247>

**Registration closes:** Friday, Sept 20th at 10:00pm

Note: Camp fees cannot be refunded after the registration deadline

**Eligibility:** Athletes aged 8 and up are welcome to attend. Teck-branded t-shirts will be available for participants 16 and under.

**Camp Check-In:** Friday September 27th, 3:00-5:00pm in front of the KNC lodge

**Camp Begins:** Friday Sept 27th, 5:00pm at Kimberley Nordic Centre. Athletes and volunteer coaches are expected to arrive in time to pick up meal tickets and camp T-shirts and be ready to start the first workout at 5:00pm.

**Camp Ends:** Sunday Sept 29th at 1:00pm.

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept 27th and stay until the camp ends on Sept 29th unless you have made prior arrangements with the Head Coach.

**Camp Fee:** 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.

**Note: Volunteers and coaches do not need to register in Zone4. Volunteers and coaches must pre-register for the camp using the following link: <https://www.givepulse.com/event/470144>**

**Camp Agenda:** Details of the camp agenda and maps of the various locations where training sessions occur are available through the [KNC website](#). Click on the Events tab, select the Dryland Camp, and then there are several tabs at the bottom for you to choose. Traveling between the various event locations will be your own responsibility, but carpooling will be allowed and encouraged. Please be aware that there are times when there are two sessions in different locations in the same morning or afternoon. Please arrive at the location for each event on time.

**Camping:** If you are planning to camp at the KNC lodge, please refer to the map which is posted in the Event Maps tab before you set up your camper/tent. We ask that all vehicles be parked south of the creek/culvert. There are 18 electrical plugs that will be available, 110V each. Please do not overload the electrical circuits. It will be first come, first served, 1 plug per household.

**Bear Aware:** At this time of year, our local black bear population likes to travel through town, so be "Bear Aware" and keep food and "good smelling stuff" locked up and inaccessible. Keep the area in and around the KNC lodge clean and tidy.

**Trail Etiquette and Safety:** Please be aware that there are a lot of new one-way mountain bike trails at Kimberley Nordic Club. Please respect the one-way signage and blind zones for mountain bikers. Collisions can occur!

**Meals:** For the catered dinners, please be aware of the start times of 7:00pm and 7:30pm for the younger and older kids respectively on Friday, and 6:00pm and 6:30pm on Saturday. To cut back on waste, you are allowed/encouraged to bring your own cutlery, but due to food safety guidelines you cannot bring your own bowls/plates.

**R2T Guidelines:** Even though we call it our roller-skiing trail, R2T is a multi-use trail, and pedestrians have the right of way. When passing other users, always travel single file, and be aware of your roller ski pole tips and angle them away from other users. Many other communities have banned roller-skiing from their multi-use trails, and we do not want to see

that happen here, so please be respectful of the other users. Remember; helmets, glasses, gloves and hi-vis shirt/vest is mandatory for all roller-skiing sessions.

### Dryland Camp Packing List

- B.C. Care Card/Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc.)
- Skate roller skis, boots, and poles
- Classic roller skis, boots, and poles (if you have them)
- Helmet
- High visibility clothing
- Watch
- Sunscreen
- Sun glasses
- Towels
- Swimsuit
- Rain Jacket
- Training clothes for various weather conditions
- Long underwear
- Socks
- Casual clothes
- Gloves
- Waterpack and/or small backpack for running/hiking
- Running shoes
- Heart rate monitor (if you have)
- Water bottles