



2024 Teck Regional Fall Camp, Vancouver Island

September 13-15 2024, Mount Washington

Host Club: Strathcona Nordic Ski Club

Head Coach: Bertrand Hamoumraoui, +33 6 35 43 42 06, headcoach@strathconanordics.com

Participants: This camp is dedicated to Devos (L2T) and Juniors athletes (T2T and L2C), age 8-20.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11yrs), Train to Train (Juniors 12-15yrs) and Learn to Compete (Juniors 16-20yrs) will benefit from this camp. This camp is open to any current Devos (Track Attack) and/or Juniors athletes.

New athletes wishing to join the Devo or Junior programs must first ensure that the lead coach of the program has confirmed camp participation. If you're unclear with suitability of participation, please contact the camp head coach Bertrand Hamoumraoui (headcoach@strathconanordics.com) and Michaela Jelen (michaelajelen@mac.com).

This Regional Camp is open to athletes from off-island clubs, provided they are current race program members at their respective clubs.

Camp fee: the camp fee is \$140 per overnight junior athlete and \$80 per devo or junior day athlete.

Registration and payment:

Registration is open from August 22 to **September 9, at 12 noon**. If your athlete would like a Teck sponsored t-shirt, please complete registration by September 2, 6pm.

Registration on zone4.ca: [CLICK HERE](#)

For registration inquiries, please contact Bertrand Hamoumraoui (headcoach@strathconanordics.com) and Michaela Jelen (michaelajelen@mac.com).



Camp Format: this camp is intended for athletes focused on fitness, skills, and race preparation appropriate to their age and development age. The goal is also to take advantage of the location to hike and run in the Strathcona Park and enjoy all the trails.

The Devo camp is a two day camp with training sessions on both Saturday and Sunday morning and afternoon. Lunch is provided on Saturday and Sunday. See the camp schedule for more details. Bring your own training snacks and hydration.

The Junior camp is a two and a half day, overnight camp format, beginning at 4:30pm Friday. Training will occur Friday after arrival; Saturday morning and afternoon; and Sunday morning and afternoon. This camp also includes evening activities. Meals from Friday dinner to Sunday lunch will be provided; bring your own hydration and snacks.

Accommodation for junior athletes is at the Vancouver Island Mountain Center; a mattress cover and pillow will be provided. There is space for 24 junior athletes to stay over and accommodation is first come first serve. **Athletes staying over will need to bring their own sleeping bag, pillowcase and towel.**

Parent volunteers will be needed to support the camp (i.e., shopping for camp groceries, preparing meals, and overnight chaperoning). If parents are able to volunteer please indicate so on the Zone4 registration form. Camp volunteers will receive further communication regarding volunteer needs after registration.

CAMP SCHEDULE:

Friday: 4:30pm, Juniors arrival, briefing, and practice
6:00pm Juniors dinner and evening program
9:00pm quiet time/in rooms

Saturday: 7:30am breakfast Juniors
9:00am arrival Devos - Juniors practice beginning
Lunch
1:15pm Devos activity
2:30pm Juniors practice
3:00pm Pick Up Devos
5:15pm dinner and evening programs, Juniors
9:00pm quiet time/in rooms

Sunday: 7:30am breakfast Juniors
9:00am arrival Devos - Juniors practice beginning
Lunch
1:15pm afternoon activity (ALL athletes)
4:00pm pick up, camp ends

What to bring:

- Training gear
- Classic and skate rollerskis*
- Poles (with rollerskis tips)
- Ski boots (skate and classic)
- Runners (trail runners if you have them)
- Helmet
- High visibility shirt
- Heart rate monitor (juniors)
- Sun glasses, hat, sunscreen, bug spray
- Be prepared for all weather conditions (rain jacket, warm layers, cool layers, lots of clothes changes)
- Drink belt, water bottle, and your preferred hydration and snacks

**Athletes who do not have rollerskis can borrow club's rollerskis; however please bring your own poles with the appropriate pole tips.*

Camp expectations/rules:

1. Athletes are expected to be respectful towards coaches, parent volunteers, and other athletes at all times. Any harassment or bullying will not be tolerated and will result in the athlete being sent home from the camp.
2. Junior athletes staying overnight will eat meals together and sleep in shared rooms. They are expected to maintain a clean sleeping area, clean up after themselves during meal times, and help with cleanup as requested.
3. We ask that athletes leave all cell phones and electronic devices at home. If an athlete chooses to bring a phone to the camp, it will be left with a parent volunteer or coach during the night. Cell phones and electronic devices are not permitted in bedrooms.
4. All overnight athletes will be expected to be in their rooms by 9 pm. Please respect the need for sleep of the athletes you share a room with.
5. Athletes are to remain inside VIMC during the evening after the outdoor activities are finished.