

**Regional Camp  
Coast**



**Teck**

## **2024 Teck Regional Snow Camp, Vancouver Island**

**December 27-29th 2024, Mount Washington**

**Host Club:** Strathcona Nordic Ski Club

**Head Coach:** Bertrand Hamoumraoui, +33 6 35 43 42 06, [headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)

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

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11 yrs), 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 unsure with suitability of participation, please contact the camp head coach Bertrand Hamoumraoui ([headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)) and Michaela Jelen ([michaelajelen@mac.com](mailto: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 \$50 (even if you already have a trail pass or season pass), all camp participants, athletes and coaches, require a daily trail pass or season pass.

**Registration and payment:**

Registration is open from November 25th to **December 22nd, at 12 noon**. Athletes 16 and younger will receive a CCBC Regional camp toque.

**Registration on zone4.ca:** <https://zone4.ca/register.asp?id=37040>

**For registration inquiries,** please contact Bertrand Hamoumraoui ([headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)) and Michaela Jelen ([michaelajelen@mac.com](mailto: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. Lunch and snacks are the responsibility of the participants.

## **Camp itinerary:**

### Friday 27th:

- 9am coach meeting
- 9:15 all athletes meet
- 12:00 lunch at VIMC (own lunch)
- 1:30pm all athletes meet
- 3pm end of camp day

### Saturday 28th:

- 9am coach meeting
- 9:15 all athletes meet
- 12:00 lunch at VIMC (own lunch)
- 1:30pm all athletes meet
- 3pm end of camp day

### Sunday 29th:

- 9am coach meeting
- 9:15 all athletes meet
- 12:00 end of the camp

Athletes will have access to the main floor of VIMC for lunch, they'll also be asked to clean up after lunch.

## **What to bring:**

- Classic and skate equipment
- Kick waxes and cork
- Appropriate clothing for all weather conditions
- Change of clothing (after the morning and afternoon sessions)
- Waterbelt and/or water bottle
- Mug or Cup for hot drinks
- Your own lunch and snacks for pre/post training