



Teck Regional Spring Snow Camp

Coast – Vancouver Island

Mount Washington, BC

May 10-12, 2024

Head Coach: Bertrand Hamoumraoui

Start the new season with some SNSC Training FUN!!!

Camp Location: Mount Washington and Vancouver Island Mountain Centre

This camp is open to any current Devo (Track Attack) or Junior athlete and welcomes **NEW** athletes wishing to join the Strathcona Nordic Ski Club, Devo or Junior Race programs. See below for further details regarding camp eligibility for new skiers.

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

Registration and Payment:

Registration **CLOSES** on **May 7th, 2024, at noon.**

Please register on [Zone 4](#).

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

Camp Format: This camp is intended for athletes focused on fitness, skill, and race preparation appropriate to their age and development stage. The goal is for athletes to ski on snow; however this is snow-pack dependent. A final decision about ski activities will be made the week prior to camp, and registered athletes will be notified of the confirmed camp fitness activities (i.e., on snow or roller skiing).

NEW athletes wishing to join the Devo or Junior programs must first ensure that the lead coach of the programs has confirmed camp participation. If you are unclear about the suitability of participation, please contact the Camp Head Coach, Bertrand Hamoumraoui, at headcoach@strathconanordics.com and Michaela Jelen at michaelajelen@mac.com.

The Devo camp is a one-and-a-half-day camp with training sessions on Saturday morning and afternoon, and Sunday morning. Lunch is provided on Saturday. See the Camp Schedule below for more details.
Bring your own preferred training hydration and preferred training snacks.

The Junior camp is a two-and-a-half day, overnight camp format beginning at 4:30pm Friday. Training will occur on Friday after arrival, Saturday morning and afternoon, and Sunday morning and afternoon. The Junior camp also includes evening information sessions. Meals from dinner on Friday to lunch on Sunday will be provided. **Bring your own preferred training hydration and preferred training snacks.** Accommodation is at the Vancouver Island Mountain Centre. A mattress cover and pillow will be provided. **You will need to bring your own sleeping bag, pillowcase and towel.**

Parent volunteers will be needed to support the camp, shopping for camp groceries, preparing meals, and overnight chaperoning. If you can volunteer, please indicate so on the zone4 registration form. Camp volunteers will receive further communication after registration.

Camp Schedule:

Friday: 4:30pm – arrival and afternoon brief fitness activity – Juniors
Dinner and evening program – Juniors
9:00pm – Quiet time/in rooms

Saturday: 7:15am – activation – Juniors
Breakfast – Juniors
9:00am – arrival – Devos
9:30am – ALL athletes, ski*
Lunch
1:00pm – All Athletes – group activity*
3:00pm – pick-up – Devos
5:00pm – Dinner and evening program – Juniors
9:00pm – Quiet time/in rooms

Sunday: 7:15am – activation – Juniors
Breakfast – Juniors
9:00am – arrival – Devos
9:30am – ALL athletes, trail run or ski*
11:00am – awards ceremony – Devos
11:30am – pick -up, camp end – Devos
Lunch – Juniors
1:30pm – Juniors, strength session
3:00pm – awards ceremony – Juniors
4:00pm – pick-up, camp end – Juniors

**Skiing will either occur on snow or on roller skis and is snow-level dependent. Final confirmation of the agenda and skiing activities will be emailed to registrants the week before camp.*

What to Bring:

Training gear – be prepared for all conditions (i.e., bring rain jacket, warm layers, cool layers, several changes of training clothes).

Equipment – runners, skate skis (or roller skis), classic skis (or roller skis), boots, helmet (if roller skiing), gloves, high visibility shirt, skate and classic poles (prepared for snow or roller ski conditions – stay tuned), heart rate monitor (Juniors), hat, sun glasses, sunscreen. Athletes who do not have roller skis can borrow club roller skis; please make sure you bring poles (ready for roller skiing/striding, helmet, high visibility shirt, and gloves).

Nutrition – drink belt/water bottle and preferred training hydration and preferred training snacks for the entire weekend.

Junior Camp participants – sleeping bag, pillow case, bath towel, clothing and personal items for overnight camp.

A great attitude! The focus of this camp is skill development, trying your best and having FUN!

Athletes are expected to demonstrate respectful, supportive and inclusive behaviour **at all times**.

May 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.

See you on the Mountain!