

**Regional Camp
Okanagan**



Teck

TECK REGIONAL SNOW CAMP OKANAGAN **Friday, November 21 – Sunday, 23, 2025**

This is an on-snow camp for athletes who reside in the Okanagan region. This year athletes will have the option to stay overnight at one of the two Sovereign Lake Nordic Centre (SNLC) Day lodges (25 athletes in the basement at the main lodge and 10 at the old lodge), or to stay at The Pinnacles Suites located at Silver Star Mountain Resort. Athletes age 9 to 18 are welcome to attend, Teck branded headband will be available for participants 16 and under.

Please eat before you arrive on Friday. The following meals (for all athletes and coaches) will be provided:

- Friday night treat and fruit.
- Saturday – lunch at SNLC.
- Dinner at Long Johns Restaurant.
- Sunday – small road snack.

All athletes will need to bring easy breakfast food (oatmeal, fruit, or something pre-made) as kitchen space is limited, and pocket snacks for both Saturday and Sunday.

Locations: Sovereign Lake Nordic Centre and Silver Star Mountain Resort, Vernon, BC

Accommodation: The Pinnacles Suites, Silver Star Mountain Resort, 9885 Pinnacles Rd
Sovereign Lake Day Lodge, Sovereign Lake Nordic Centre, 250 Sovereign Lake Rd, Vernon, BC

Camp Contact: Kara Williamson, SNLC Volunteer
Ph: 604.698.8753. Email: ktriance@gmail.com

Camp Head Coach: Adam Elliot, CCBC

Club Head Coach: Darren Derochie, SNLC xccoach@sovereignlake.com

Camp Schedule:

Start: Athletes and coaches staying at The Pinnacles Suites need to check in at the front desk by 6pm on Friday November 21st, 2025.

Athletes and coaches staying at the Sovereign Lake Nordic Centre need to check in downstairs with the camp coach taking registrations by 6:00pm on Friday November 21st, 2025.

Please eat supper before you arrive on Friday Nov 21st.

End: Sunday November 23rd at 12pm. Pick-up for all athletes is at the Pinnacles Suites.

The camp has a full participation policy. The participants are expected to arrive at 6 pm on Friday November 21st, and stay until the camp ends at 12pm on Sunday, November 23rd. Activities at this camp will include on-snow training, a strength session, team building activities and a movie night.

Registration:

Please confirm your attendance by registering at: <https://zone4.ca/register.asp?id=39792>

Registration closes at noon on Sunday, October 19th, 2025. (Accommodation needs to be confirmed by October 22nd).

During registration athletes will let us know their preference in accommodation and accommodations will be assigned to best accommodate preferences and group needs. An email will go out confirming athletes' assignment for accommodations.

Camp Fees:

For athletes, all costs are pooled costs for the camp and shared by all athletes to ensure inclusive options for all to participate.

The camp fee will be **\$205** if you hold seasons pass at Sovereign \$15 will be deducted from your registration. Fees includes coaching support, administration, lunch, a catered dinner, as well as passes to the Sovereign Lake Nordic Centre for both Saturday and Sunday, and snacks.

There will be two coaches/parent chaperones available per room/day lodge to help with breakfasts.

Call For Volunteers:

To make the camp run smoothly and keep costs low we are looking for volunteers to:

- Assist with coaching on both days. Accommodation, lunch, and a catered dinner will be provided. (Coaches must have minimum NCCP Community Coach 'training' and have an up-to-date Criminal Record Check).
- Drive athletes between the Sovereign Lake Nordic Centre and The Pinnacles Suites on Friday evening, Saturday and Sunday. (Current CRC required)
- Stay overnight and provide supervision at the Sovereign Lake Nordic Centre and The Pinnacles Suites on the Friday and Saturday nights.
- Help the athletes with their breakfast on Saturday and Sunday mornings, and help distribute bag lunches on Saturday and Sunday.

If you are able to help coach/chaperone at this camp, please fill out Zone4 registration form and check on the form if you already have a Sovereign Lake Nordic Centre ski pass.

Note that all coaches/parent helpers/chaperones/drivers need to be NCCP certified (Coaches only) and have an up-to-date Criminal Record Check with CCBC) *

Please email Kara Williamson, SNLC Volunteer to confirm where you can help.
Ph: 604.698.8753. Email: ktriance@gmail.com

We will be sending out an agenda as well as more information one week prior to the camp.

Packing List for Lodge:

For those staying over at one of the Sovereign Lake Nordic Centre Day lodges please bring: Sleeping bag, sleeping mat, pillow, warm pj's, and towels as well as a simple breakfast (ie, oatmeal, fruit, bars,) as we will have limited kitchen space and no fridge available (bring a labelled cooler if you wish to bring perishables); as well as all items listed below

If you are staying at the Pinnacles, all bedding will be provided but please bring towels, as well as breakfast food and snacks.

On-snow camp packing list

- BC Care Card/ Medical Number
- Personal toiletry items & towel
- Sunscreen & Lip Balm • Sunglasses
- Rain Jacket
- Puffy Jacket
- Training Clothes
- Socks
- Long underwear
- Indoor training clothes
- Toque
- Gloves
- Running shoes
- Classic Skis, Boots and Poles
- (Bring Rock skis (skate and classic) if possible)
- Skate Skis, Boots and Poles
- Water bottle and carriers
- Headlamp
- Pajamas & comfortable clothes
- Basic first aid (band-aids, polysporin, moleskin, tape for feet etc)
- Wax for your skate and classic skis

Please leave electronic devices at home for the weekend.

***All participants will receive a headband from Teck and Cross Country BC ***

