

**Regional Camp
Northern**



Teck

**Teck Regional Snow Camp, Northern BC
Bulkley Valley Nordic Centre, Smithers, BC
December 5-7, 2025**



Host Club: Bulkley Valley Cross Country Ski Club <https://bvnordic.ca>

Eligibility:

Athletes aged 8 and up are welcome to attend. Teck-branded headbands will be available for participants 16 and under.

Camp Opens: Friday December 5, 5pm.

Camp Ends: Sunday December 7, 12:30pm.

Camp Fee: Early Bird - \$105 until Nov 22, 2025 and Late Registration - \$129 until Nov 30, 2025. Coaches are free.

Zone 4 Registration: Fees payable by credit card only. Registration closes **Sunday Nov 30, 11:59pm.**

Regional Contact: andrea.stapff@bvnordic.ca

Coaches:

Zach Hill, CCBC Coach, Andrea Stapff, BV Nordic Head Coach, and lots of awesome coaches from our northern region clubs.

NOTE: Coaches need to register for the camp.

Meals:

Participants are asked to have dinner prior to arrival on Friday. A snack and hot drink will be provided during evening activities on Friday. Lunch, an afternoon snack and dinner will be provided for all registered athletes and coaches on Saturday. A snack will be provided on Sunday morning.

Non-registered participants (parents, siblings) may purchase a Saturday meal voucher, for both lunch and dinner, at registration on Zone4.

Hydration and snacks needed during training sessions (bars, gels, etc.) are the responsibility of the athlete.

All families registering athletes for the camp are requested to contribute a baked good to the camp, 1doz cookies, muffins, squares, etc.

Accommodations:

For out-of-town attendees, the BV Nordic Centre Buchfink Lodge is available for overnight accommodation. Capacity is limited to 20! Please contact nsdpcoordinator@bvnordic.ca if you wish to overnight in the Lodge. There is a full kitchen and plenty of floor space. You will need your own sleeping bag, pad, pillow and your own breakfast. Athletes must be accompanied by an adult/s. Local hotels are available, at your own cost. Local athletes will return home after camp activities finish for the day.

What to Bring:

Skate and classic gear, grip wax (eg Swix 40/45/50), cork. If you need to scrape travel/glide wax, the wax cabin is available for use. Please arrive early enough to be on time for the sessions.

Warm layers, hand and foot warmers if temperatures warrant. Training clothes, gloves, mitts, hat, buff, eyewear. Extra set of training clothes, gloves, socks, buff, etc for the second Saturday session.

Drink belt/water bottle holder. Personal snacks for four training sessions (to have during training).

Camp Expectations:

This is a full participation camp! Athletes are asked to arrive on time and be prepared to be involved for the full camp experience every day.

If you are sick prior to the camp, please stay home. If you begin to feel sick during the camp, inform your coach as soon as possible.

Please leave electronic devices at home 😊

Bring a GREAT LEARNING ATTITUDE!

Get ready for LOTS OF FUN!



Teck Regional Snow Camp Northern Region Dec 5-7, 2025 Schedule

Friday Dec 5th Evening

5:00pm	Arrival and check in, all athletes and coaches
5:30pm	Coaches meeting in office
5:45pm	Athletes on snow, Welcome, form groups, meet coaches
6:00pm	TRACK ATTACK - 45 min EASY ski with headlamps - SKATE JUNIOR - 1 hr EASY ski with headlamps - SKATE
7:00pm	Fire and Lighting of Lanterns Outdoor snack & warm beverage
7:30 pm	Departure all athletes

Saturday Dec 6th Morning

8:45am	Arrival all athletes
9:00am	Coaches meeting in office
9:20am	Athletes on snow, warm-up, into groups, meet coaches
9:45 -11:15am 9:45 -11:45am	TRACK ATTACK - Stations w/technique - SKATE JUNIOR - Stations w/technique - SKATE
11:30am 12:00pm	TRACK ATTACK (& non-camp participants) - Lunch JUNIOR - Lunch

Saturday Dec 6th Afternoon/Evening

12:30 - 1:00pm	TRACK ATTACK - ManTracker
12:45 - 1:15pm	Outdoor Grab and Go snack table
1:15pm	Classic wax prep assisted by coaches, wax recommendations will be provided, waxing in wax cabin or outdoors
1:45pm	Athletes on snow, warm-up, into groups, meet coaches
2:00 - 4:15pm	TRACK ATTACK - Stations w/ technique - CLASSIC (~90min), Adventure trail ski (~30min)
2:00 - 3:00pm	JUNIOR - Stations w/technique - CLASSIC
3:15 - 5:00pm	JUNIOR - CLASSIC Time Trial: Course review, Warm-up, Time Trial, Debrief
4:30pm	TRACK ATTACK (& non-camp participants) - Dinner
5:15pm	JUNIOR - Dinner
6:00pm	Fire and Fun camp activity
6:30pm	Departure all athletes

Sunday Dec 7th Morning

8:45am	Arrival all athletes
9:00am	Coaches meeting
9:20am	Athletes on snow, camp photo, warm-up
9:45 - 10:30am	Mass start practice - CLASSIC
10:30am	Outdoor snack
10:45-11:45am	Camp Relay - Sprint Loop - CLASSIC - all groups
12:00pm	Camp Wrap-up and Clean-up
12:30pm	Camp End - Outdoor snack table for your ride home

