Regional Camp Northern

Cross Country BC

Teck

Teck Regional Snow Camp, Northern BC
Bulkley Valley Nordic Centre, Smithers, BC
December 11-13, 2026

BULKLEY VALLEY
Cross Country Ski Club



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

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

Camp Starts: Friday December 11, 4:00pm.
Camp Ends: Sunday December 13, 12:30pm.

Camp Fee: $125. Coaches are free.

Zone 4 Registration: https://zone4.ca/register.asp?id=43156

Fees payable by credit card only. Registration closes **Sunday December 6, 11:59pm.**

Regional Contact: andrea.stapff@bvnordic.ca

Coaches:
Andrea Stapff, Tuppy Hoehn, Ali Cadell, and lots of awesome coaches from our northern region clubs.
NOTE: Coaches need to register for the camp.

Meals provided for registered athletes and coaches:
Friday - Hearty snack and hot drink during evening activities, after skiing. Participants are asked to bring their own light dinner (eg sandwich or wrap) to have prior to the evening ski.
Saturday - Lunch, hearty afternoon snack, dinner.
Sunday - Grab & Go snack.
Hydration and snacks needed during training sessions (bars, gels, etc.) are the responsibility of the athlete.
Non-registered participants (parents, siblings) may purchase a Saturday meal voucher, for both lunch and dinner, $25, at registration on Zone4.
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-towners, 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 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!

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Schedule

Friday Dec 11th Evening	
4:00-4:15pm	Arrival and check in, all athletes and coaches, enjoy your own light dinner/snacks
4:15pm	Coaches meeting in office
4:45pm	Welcome activity outside main Lodge,, into groups
5:15pm	TRACK ATTACK - 60 min EASY ski with headlamps - SKATE JUNIOR - 75min EASY ski with headlamps - SKATE
6:30pm	Lighting of Lanterns Outdoor snack & warm beverage
7:00 pm	Departure all athletes
Saturday Dec 12th Morning	
8:45am	Arrival all athletes
9:00am	Coaches meeting in office
9:20am	Athletes on skis, warm-up, into groups
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 12th Afternoon/Evening	
12:30 - 1:00pm	TRACK ATTACK - ManTracker
12:30 - 1:00pm	JUNIOR - Recovery activity
12:45 - 1:15pm	Outdoor Grab & 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
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
4:30pm	TRACK ATTACK (& non-camp participants) - Dinner
5:15pm	JUNIOR - Dinner
6:00pm	Fire and camp activity
6:30pm	Departure all athletes
Sunday Dec 13th Morning	
8:45am	Arrival all athletes
9:00am	Coaches meeting in office
9:20am	Athletes on skis, 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 Grab & Go snack table Safe Travels Home!