



**TECK COAST REGIONAL DRYLAND TRAINING CAMP**  
**Sept. 13-15, 2013, Whistler, BC**

*This is an overnight dryland training camp for Sea-to Sky skiers born 2002 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercises. Athletes will stay in group accommodations and will be involved in food preparation and cleanup.*

Note: Those born in 2002 to 2004 can do a single day only camp (Sept. 14). This will include a variety of fun dryland training activities. (Those born in 2002 can do either the full camp OR the day camp.)

**Host Club:** Hollyburn Cross Country Ski Club

**Head Coaches:**

Jake Weaver 604-619-2075 [biweaver@shaw.ca](mailto:biweaver@shaw.ca)

Greg Inkster

**Registration:**

Register at Zone4.ca Go to: <https://zone4.ca/reg.asp?id=5232>

Registration Closes Sunday September 8<sup>th</sup> 2013 or when full.

Skiers born in 2002, 2003, 2004 can register for the single day camp (Sept. 14) by emailing: Dave Morris [David.Morris@triumf.ca](mailto:David.Morris@triumf.ca)

**Camp Begins:** Fri. Sept. 13

Two start time options:

1. 10:00 am at Callaghan access road
2. 5:00 pm at Whistler Athlete Lodge

**Camp Ends:** Sun. Sept. 15 2:00 pm (approximately)

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on September 13 and stay until the camp ends on September 15 unless you have made prior arrangements with the Head Coach.

**Camp Fee:** The camp fee is \$125.00 plus Zone4.ca processing fees. This includes accommodation (Friday and Saturday nights), meals (Friday dinner through to Sunday lunch) and all activities.

The fee for the day camp is \$25.00 to be paid by cheque made out to "Hollyburn Cross Country Ski Club"

## **Dryland Camp Packing List**

- B.C. Care Card/ Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Sun glasses
- Towels (suggest bringing one for indoor and one for outdoor use)
- Bathing Suit
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Long underwear
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running shoes
- Rollerski equipment for Skate and, if you have it, Classic (rollerskis, poles with road tips, boots, helmet, reflective vest)

\*\*\*\***Reflective vests and helmets are MANDATORY** for roller ski sessions.

\*\*\*\*You will not be allowed to participate in roller ski sessions if you do not have them.

- Ski striding poles (10 cm shorter than regular classic poles ie. mid-chest height)
- Heart rate monitor (if you have or can borrow one)
- Water bottles and carrier
- Head lamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Recovery bars
- Positive attitude and lots of enthusiasm!!!

### **CAMP EXTRAS:**

- Please notify camp coordinator of any allergies, special dietary requirements, or relevant medical conditions
- Please leave electronic devices at home for the weekend!!!!!! (You'll have so much fun that you won't miss them)