



## ***Teck Regional Snow Camp – 2020***

### ***Vancouver Island – Coast***

#### **Hosted by Strathcona Nordic Ski Club**

- Camp: Teck Regional Snow Camp 2020 – Vancouver Island - Coast
- Dates: December 28-30, 2019
- Location: Mount Washington Nordic Centre, Mt Washington
- Contact: Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches: Andrea Stapff, Marika Galik, Kate Scallion, Gavin MacPhail, Jim Bratrud, Alison James, Michaela Jelen, Sophia Sauter
- Eligibility: Vancouver Island skiers who are current members of a club racing program: Devos/Track Attack, Juniors or Masters.
- Camp Session Times: **9:30 – 11:30am Monday December 28**  
**9:30 – 11:30am Tuesday December 29**  
**9:30 – 11:30am Wednesday December 30**
- Camp Format: This camp will be a day camp format, morning sessions ONLY. All participants are required to follow the Return to Sport COVID-19 Safety Plan.
- Camp Fee: Free, with exception of zone4 fee. All camp participants, athletes and coaches, require a Mt Washington trail pass or season pass for each day.
- Camp Registration: On-line through Zone4.ca only. Registration closes Thursday December 24. All participants 16 and under will receive a CCBC Regional camp toque.
- Inquiries: Andrea Stapff  
[andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)  
250-202-7096



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#### **What to Bring:**

- ✓ skate and classic equipment
- ✓ kick waxes, cork (Juniors and Masters)
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ your own snacks for pre/post training
- ✓ heart rate monitor (Juniors and Masters)

#### **Camp Itinerary:**

##### Monday December 28

9:30am – **all athletes, meet in stadium – SKATE:** dynamic warm-up, skills, sprint starts, uphill and downhill technique, end 11:30am

##### Tuesday December 29

9:30am – **all athletes, meet in stadium – CLASSIC:** dynamic warm-up, skills, sprint finishes, uphill and downhill technique, end 11:30am  
JUNIORS – bring waxable classic skis!!

##### Wednesday December 30

9:30am – **all athletes, meet in stadium – SKATE:** dynamic warm-up, agility, relays, end 11:30am