

**Regional Camp  
Okanagan**



**Teck**

## **Camp Notice: Teck Regional Fall Dryland Camp (Okanagan)**

**Host Club:** Revelstoke Nordic Ski Club

**Dates:** Friday, September 13th to Sunday, September 15th.

**Eligibility:** Skiers born 2014-2007.

**Location:** Group Sites 1 & 2 at Blanket Creek Provincial Park, 25km south of Revelstoke. For more information: [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/blanket\\_crk/ Regional](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/blanket_crk/Regional)

**Lead Coach:** Pauline Forren [pforren@revelstokenordic.org](mailto:pforren@revelstokenordic.org), 250-432-5423

**Camp Begins:** 7pm on Friday, September 13th at Blanket Creek Provincial Park. Please set up campsite and eat dinner prior to commencement of camp (dinner will NOT be provided on Friday).

**Camp Ends:** 11:30am on Sunday, September 15th

**Registration:** Eligible athletes, coaches and coach helpers may register through [zone4.ca](http://zone4.ca) from Tuesday, August 13th through Friday, September 6th, 2024 at [zone4](http://zone4.ca) (or until full). Registration will be open to 80 athletes and a limited number of coaches and coach helpers. Other family members are welcome to arrange their own campsite and meals at Blanket Creek, however only registered athletes, coaches and coach helpers will be allowed to stay at group site and eat camp meals. All registered athletes will receive a Teck t-shirt.

**Camp Fee:** \$70.00 for athletes; free for coaches (L2T-trained); and \$40.00 for coach helpers (NCCP Community Coach & SafeSport trained). This cost will be subject to online processing fees and GST. Camping fees for Friday and Saturday night and the following meals: Saturday lunch and dinner (plus a snack on Friday evening) are included in the cost for coaches and athletes.

### **Camping:**

- We will be using the two 50-person group camp sites at Blanket Creek.
- You do NOT need to reserve a site. Your [zone4](http://zone4.ca) registration confirms your space. Arrive at group site on Friday and set up at your preferred location.
- The two group sites are situated adjacent to one another. One site is packed-gravel, orientated towards RV and trailer camping and the other site is a grassy tenting area. It is expected that we

will have more tent camping than vehicle camping, therefore tents may be pitched in packed gravel site if needed.

- Drinking water is available on site.
- There are two toilets at group sites and several nearby; no showers.
- Non-registered family members are welcome to arrange their own campsite and accommodation at Blanket Creek.

**Food:**

- Dinner will NOT be provided on Friday night. Please eat dinner prior to the commencement of camp.
- We will provide a snack on Friday night and lunch and dinner on Saturday.
- Snacks and sport drink will NOT be provided, please pack these and your breakfast. Food will need to be stored in a vehicle or camper in the vicinity. Coaches will help with this.
- Specific dietary concerns should be listed in zone4.ca registration (we will not be able to accommodate severe allergies).
- Please bring your own camp dishware (plates, bowls, cups) and utensils. We will provide a dish cleaning area for use post-meal.

**Packing List:**

- BC Care Card
- Snacks and sport drinks plus breakfast for Saturday and Sunday morning (and a plan for Sunday lunch as it is NOT provided). Please put in a cooler/bag that is easy to store in a vehicle or camper.
- Camp dishware and utensils
- Tent / RV / Trailer
- Sleeping mat, sleeping bag, pillow
- Personal hygiene and sun protection items (there are no showers on site, but option to use community centre showers and there is a lake / lagoon)
- Towel
- Bathing suit
- Training clothes for conditions ranging from warm and dry to cold and wet
- Casual clothes for conditions ranging from warm and dry to cold and wet (include warm jacket for cool evenings)
- Running shoes
- Casual footwear
- Rollerski equipment (skate rollerskis (U14 and younger), classic rollerskis (U16 and up), boots, poles, helmets and reflective vests or high high vis tops).
- Ski striding poles (10-15cm shorter than classic poles)
- Water bottle and carrier/water belt/running vest
- Head lamp and a frisbee for disc golf

Looking forward to seeing everyone at camp!

Please direct any questions to:

Pauline Forren, [pforren@revelstokenordic.org](mailto:pforren@revelstokenordic.org), 250-432-5423

A more detailed schedule will follow on our website <https://www.revelstokenordic.org/> (under the events tab) and be emailed to participants prior to the camp.

Here is a rough outline:

Friday:

- Ice breakers & team building type games
- Snack (provided)
- Athlete & coaches meetings
- Bed

Saturday:

- Activation
- Breakfast (bring your own)
- Rollerskiing (and games for younger skiers)

Lunch (provided)

- Chill out time
- Disc Golf/Camp Games
- Orienteering

Dinner (provided)

- Guest speaker

Sunday:

- Activation
- Breakfast (bring your own)
- Pack up camp
- Pole Striding/Run