



## **Teck Regional Spring Snow Camp**

### **Coast – Vancouver Island**

*Mount Washington*

*May 8 & 9, 2021*

Start the new season with some Nordic FUN - on snow!!!

**Location:** Mount Washington – Upper Nordic Trails

**Youth Athletes:** This camp is open to any current Junior or Devo (Track Attack) athlete and especially welcomes any **NEW** athletes wishing to join the Strathcona Nordic Ski Club Junior or Devo programs.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devo 8-11yrs) and Train to Train (Juniors 12-15yrs) stages of development will benefit from this camp. Athletes in the Learn to Compete (Juniors 16-18yrs) will benefit from this camp and are welcome to attend.

**Coaches:** Andrea Stapff, Marika Galik, Kate Scallion, Jim Bratrud, Gavin MacPhail, Alison James, Michaela Jelen, Sophia Sauter.

**Format:** The format is day camp style, no accommodation or meals are provided. Athletes/skiers must provide all their own snacks, lunches.

**Master Athletes:** Master athletes interested in attending can contact Andrea for further information.

**Covid 19:** ALL current PHO and viaSport orders will be adhered to during the camp.

### **Registration & Cost:**

Registration and payment is on [www.zone4.ca](http://www.zone4.ca), **deadline to register is May 5, 2021.**

For registration inquiries please contact [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)

## **Training and Activity Times:**

**Saturday:** 8:30am – arrival, all athletes  
8:45 to 11:15am – Juniors – skate technique and volume ski  
9:00 to 11:00am – Devos – skate technique and adventure ski  
Lunch  
12:00 to 12:30pm – Devos – mental skills session  
12:30 to 1:15pm – Juniors – mental skills session  
1:00 to 2:30pm – Devos – classic technique and adventure ski  
2:45pm – Devo Parent meeting, Devo departure  
1:30 to 3:30 – Juniors – classic technique and volume ski  
3:45pm – Junior Parent meeting, Junior departure

**Sunday:** 8:30am – arrival, all athletes  
8:45 to 11:15am – Juniors – skate technique and volume ski  
9:00 to 11:00am – Devos – skate technique and adventure ski  
Lunch  
12:00 to 12:30pm – Devos – mental skills session  
12:30 to 1:15pm – Juniors – mental skills session  
1:00 to 2:30pm – Devos – classic technique and adventure ski  
2:45pm – Devo departure  
1:30 to 3:30 – Juniors – classic technique and volume ski  
3:45pm – Junior departure

## **What to bring:**

Training gear – be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes.

Equipment – skate and classic skis (skins, zeros or waxables - klister will be provided), skate and classic boots, skate and classic poles, heart rate monitor (Juniors), drink belt, hat, sun glasses, sunscreen hand sanitizer & facemask(s).

Nutrition – your own water bottle, all your own snacks, lunch.

A great attitude! The focus of this camp is skill development, trying your best and having FUN! Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

**See you on the Mountain!**