



Teck Regional Spring Snow Camp

Coast – Vancouver Island

Mount Washington, BC

May 6-8, 2022

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 Devo (Track Attack) or Junior athlete and welcomes **NEW** athletes wishing to join the Strathcona Nordic Ski Club Devo or Junior Race programs. See below for further details regarding camp eligibility for new skiers.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11yrs), Train to Train (Juniors 12-15yrs) and Learn to Compete (Juniors 16-20yrs) will benefit from this camp.

This Regional Camp is also open to athletes from off-island clubs provided they are current race program members at their own club.

IN THE EVENT OF INSUFFICIENT SNOW LEVELS THE CAMP FORMAT MAY BE MODIFIED.

Coaches: Andrea Stapff, Marika Galik, Fil Bohac, Michaela Jelen, Jay Havelaar, Sophia Sauter, Ramona Gregory, Nick Holyome, Sean Moore, Jaymie McGowan, Alison James and others.

Covid-19: To ensure for a safe camp for all, participants are asked to observe the Covid-19 Safety Recommendations as outlined in the registration form.

Registration and payment is on www.zone4.ca, deadline to register is April 28, 2022.

For registration inquiries please contact andrea.stapff@gmail.com

Camp Format: This camp is a multi-age spring snow camp intended for athletes focused on skill development and race participation development. The primary goal is to have FUN while working on skills, technique and skiing appropriate to each specific age group and stage of athlete development.

NEW athletes wishing to join the Devo or Junior programs must first ensure that camp participation has been confirmed by the lead coach of the programs. If you are unclear about suitability of participation please contact the Camp Head Coach, Andrea Stapff, andrea.stapff@gmail.com.

The Devo camp is a two day, day camp with training sessions on Saturday, morning and afternoon, and Sunday, morning with an optional afternoon session. See the Camp Schedule below for more details. Bring your own water bottle and snacks.

The Junior camp is a two and a half day, overnight camp format beginning with an optional ski after school OR dinner on Friday evening. Training sessions are on Saturday, morning and afternoon, and Sunday, morning and afternoon. The Junior camp also includes evening information sessions. There is an option WITHOUT accommodation, intended for new athletes still in the “trying it out” stage. See the Camp Schedule below for more details. Bring your own water bottles, snacks and breakfasts.

Parents and siblings of camp participants are welcome to ski on the groomed camp trails during camp hours. A grooming fee for adults (children are free) will apply. We kindly ask that you DO NOT ski on camp trails outside of camp hours in order to allow for grooming operations to proceed.

Training and Activity Times:

Friday: 4:30pm – arrival if interested in optional afternoon ski, JUNIOR athletes ONLY
6:30pm – arrival for all Junior athletes
Dinner and evening program – Juniors

Saturday: Breakfast – Juniors
8:30am – arrival for all athletes
8:45am – morning session, all athletes, skate
Lunch
1:00pm – Devos, afternoon session, classic
2:00pm – Juniors, afternoon session, classic
Dinner and evening program – Juniors

Sunday: Breakfast – Juniors
8:30am – arrival for all athletes
8:45am – morning session, all athletes, skate
Lunch
1:00pm – Devos (optional) and, afternoon session, classic

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 - klisters will be provided), skate and classic boots, skate and classic poles, heart rate monitor (Juniors), drink belt, hat, sun glasses, sunscreen.

Nutrition – your own water bottle, all your own snacks, breakfasts (Juniors).

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!