



Teck Coast Regional Dryland Training Camp

September 25–27, 2026 • Whistler, BC

An overnight dryland training camp for skiers born in 2017 and older, featuring roller skiing, ski striding, running, hiking and strength training. Athletes will stay in group accommodations and share camp responsibilities. This is a great opportunity for athletes across the coast region to get to know each other and train in a fun environment.

Location	Whistler Athletes' Centre
Host Club	Hollyburn Cross Country Ski Club
Lead Coach	Fred Serratore • (807) 633-4815 • fred.serratore@outlook.com
Begins	Friday, Sept. 25, 6:30 pm
Ends	Sunday, Sept. 27 at approximately 2:00 pm
Fee	\$260 plus Zone4.ca processing fees
Registration	Register through Zone4.ca. Closes August 25 or when full.

Registration and Participation

Registration is through Zone4.ca - [HERE](#) and closes Tuesday, Aug. 25 or when full.

Priority will be given to athletes ages 9 to 14. Older athletes may register and will have a valuable program, but if the camp is overbooked, priority will be given to athletes born from 2012 to 2017.

Important: Camp fees cannot be refunded after the registration deadline.

Start: Friday, Sept. 25 at 6:30 pm at Whistler Athletes' Centre. Participants should eat dinner before arrival; Friday dinner is not provided.

Athletes can Check in any time after 6:30 PM. The first camp meeting will begin at 7:30 pm.

End: Sunday, Sept. 27 at approximately 2:00 pm.

Full participation is expected from the start of camp on Sept. 25 through the end of camp on Sept. 27 unless prior arrangements have been made with the Head Coach.

Camp Fee: \$260 plus Zone4.ca processing fees;

Covers all camp activities, meals and accommodations.

Packing List

- **Identification and health:**
 - B.C. Care Card/medical number
 - Notify the camp coordinator of any allergies, dietary requirements, or relevant medical conditions.
- **Clothing:**
 - Warm base layers, rain jacket and pants, cold weather layers, hiking/running shorts, lots of extra socks, mitts/gloves, sun hat or toque, and regular training clothes.
- **Footwear:**
 - Light hiking boots, running shoes and skate roller ski boots.
- **Training gear:**
 - Heart rate monitor if available, ski poles for ski striding, roller skis, skate poles with road tips, skate boots, helmet, reflective vest, and glasses.
- **Hydration and trail gear:**
 - Minimum two water bottles, daypack or running backpack, snacks, recovery bars, and reusable snack bag/pouch.
- **Personal and safety items:**
 - Sunglasses, sunscreen, mosquito repellent, headlamp, personal hygiene items (soap, toothbrush, toothpaste, shampoo, deodorant, etc), Band-Aids, and blister bandages.
- **Positive attitude and lots of enthusiasm!**

Mandatory for the run/hike: Running backpack, enough water and snacks, and weather-appropriate clothing and gear.

Athletes will not be allowed to participate in the run/hike without these items.

Mandatory for roller ski sessions: Very bright clothing or reflective vest, helmet, and glasses.

Athletes will not be allowed to participate in roller ski sessions without these items.

Camp Extras

- Please leave electronic devices at home for the weekend!
- Laptops for homework and phones for emergency communication are allowed.
- Electronic devices used inappropriately may be confiscated.