

**Regional Camp
Northern**



Teck

CALEDONIA
N O R D I C • S K I • C L U B

CAMP NOTICE
Teck Northern Regional Dryland Camp
Friday, Sep 27 – Sunday, Sep 29, 2024

- CAMP OPENS:** Friday, Sep 27th at 5pm. Activities begin at 6pm
- CAMP CLOSSES:** Sunday, Sep 29th at 12:30pm.
- CAMP LOCATION:** Otway Nordic Centre, 8141 Otway Rd
Prince George, BC
- HOST CLUB:** Caledonia Nordic Ski Club – www.caledonianordic.com
- FEE:** \$90 for athletes.
Free for coaches and parent helpers.
- COACHES:** Head Coach: Tuppy Hoehn
Assistant Coaches: Ali Cadell, Zach Hill, Andrea Stapff
And lots of other helper coaches
- REGISTRATION:** Registration on Zone4 at <https://zone4.ca/register.asp?id=36236>
Fees payable by credit card only.
Registration closes Tuesday, Sep 24th at 11:59pm.
- ELIGIBILITY:** Athletes aged 8 and up are welcome to attend. Teck-branded t-shirts will be available for participants 16 and under.
- CAMP ACTIVITIES:** Roller Skiing
Running
Ski striding and bounding
Games
Strength and agility
- FOOD:** Includes Friday snack, Saturday all meals, Sunday breakfast and lunch.
Please eat dinner before arriving at camp on Friday. We will provide snacks but not a full meal, as we want to fit in as much activity as possible.

ACCOMMODATIONS: While all athletes are encouraged to stay on site for the duration of the camp, local athletes are permitted to sleep at home provided they return by 8:15am both mornings and stay for the day.

Campers 12 and under staying overnight must be accompanied by an adult.

Indoor sleeping space is available in the upper lodge and upper technical building.

Tents and trailers are permitted in the upper parking lots. Please be bear aware and respect our resident bears.

PACKING LIST:

Equipment:

- Skate roller skis, boots, and poles
- Classic roller skis (if U16/18 and you have them) boots and poles
- Helmet (REQUIRED!)
- Reflective/high-viz shirt or vest
- Water bottle holder/waist pack
- Roller ski gloves
- Spare roller ski pole tips
- Striding/bounding poles (recommended 15-20cm shorter than classic poles but don't stress! Anything shorter than your classic poles will do fine.)
- Running shoes
- Headlamp with extra batteries
- Swimsuit and towel, just in case

Please label your equipment with your name and club name!

Sleeping gear:

- Tent, if tenting on-site
- Floor mat
- Sleeping bag
- Pillow
- Sleep mask and ear plugs if you need them
- PJs

General gear:

- B.C. Care Card
- Personal hygiene items (toothbrush, toothpaste etc.)
- Utensils, coffee cup, cup, soup bowl, plate, dishcloth, drying cloth.
- Sunglasses, sunscreen, and a hat.
- Training and casual clothing for all weather: hot, cold and wet days!
- 1 dozen baked goods per family.

Note! There are no showers on premises. We encourage you to bring clothes and towels to get the muck off!

**TENTATIVE
SCHEDULE:**

SCHEDULE SUBJECT TO CHANGE IF AIR QUALITY IS UNHEALTHY	
FRIDAY (27th)	
5:00 pm	Arrival. Camp Open.
	Striding/bounding, Games, Snack.
SATURDAY (28th)	
Morning	Roller-ski (conditions dependant)
Afternoon	Games, Running, Scavenger Hunt
Evening	Fireside, Yoga/Stretching Session
SUNDAY (29th)	
Morning	Roller-ski / Run (conditions dependant)
12:30 pm	Camp closes. Lodge will be open for lunch.