

**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 26 – Sunday, Sep 28

- CAMP OPENS:** Friday, Sep 26 at 5pm. Activities begin at 5:30pm
- CAMP CLOSES:** Sunday, Sep 28 at 12:30pm.
- CAMP LOCATION:** Otway Nordic Centre, 8141 Otway Rd
Prince George, BC
- HOST CLUB:** Caledonia Nordic Ski Club – www.caledonianordic.com
- FEE:** \$110 for athletes. Includes fees for paved roller ski track.
Free for coaches and parent helpers
- COACHES:** Tuppy Hoehn, Ali Cadell, Andrea Stapff, CCBC Coach TBD
- REGISTRATION:** Registration opens Tuesday, Sep 2 at 2:00pm on [Zone4](#)
Fees payable by credit card only.
Registration closes Tuesday, Sep 23 at 11:59pm.
- CONTACT:** Robin Ditto rditto1@hotmail.com
- 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, Games, Strength and agility, Striding
- 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.
- We're lucky to have a wonderful parent team making meals for camp. We'll do our best, but some complex dietary needs may be tricky to

accommodate. If you'd like to chat about your needs, please connect with Cara. cara.granberg@gmail.com

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 lot. Please be bear aware and respect our resident bears.

PACKING LIST:

Equipment:

- Skate roller skis, boots and poles
- Classic roller skis, boots and poles
- Helmet (REQUIRED!)
- Reflective/high-viz shirt or vest
- Water bottle holder/waist pack/running vest
- Roller ski gloves
- Spare roller ski pole tips
- Running shoes
- Headlamp with extra batteries
- Swimsuit and towel, just in case
- Discs for golf (if you have them)
- Striding poles

Please label your equipment with your name and club name!

Sleeping gear:

- Tent
- 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.
- 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! All local public pools are closed during camp.