



Teck Regional Snow Camp – 2023

Vancouver Island – Coast

Hosted by Strathcona Nordic Ski Club

- Camp: Teck Regional Snow Camp 2023 – Vancouver Island - Coast
- Dates: December 27, 28, 29, 2023
- Location: Mount Washington Alpine Resort
Vancouver Island Mountain Center
- Camp Coaches: Head Coach: Anneke Winegarten
Jr Team coaches, Devo Team coaches
- Eligibility: Vancouver Island skiers who are currently members of a club racing program: Devos (L2T), Juniors (T2T).
- Camp Session Times: **9:30am – 3:00pm Wednesday, December 27**
9:30am – 3:00pm Thursday, December 28
9:30am – 12:00pm Friday, December 29
- Camp Format: This camp runs as a day camp format. Lunches and snacks are the responsibility of the participant.
- Camp Fee: \$50.00
All camp participants, athletes and coaches, require a daily trail pass or season pass.
- Camp Registration: [On-line through Zone4.ca only](#). Registration closes December 23. All participants 16 and under will receive a CCBC Regional camp toque.
- Inquiries: Michaela Jelen
jelenmichaela@gmail.com
250-360-7645



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What to Bring:

- ✓ skate and classic equipment
- ✓ kick waxes, cork
- ✓ appropriate clothing for all weather conditions
- ✓ change of clothing as needed
- ✓ water belt or water bottle
- ✓ your own lunch and snacks for pre/post training
- ✓ heart rate monitor (Juniors)

Camp Itinerary:

Wednesday December 27

- 9:00am – Coaches meeting
- 9:30am – **all athletes meet**
- 12:00pm – Lunch on own
- 1:30pm – **all athletes meet**
- 3:00pm – end of camp day

Thursday December 28

- 9:00am – Coaches meeting
- 9:30am – **all athletes meet**
- 12:00pm – Lunch on own
- 1:30pm – **all athletes meet**
- 3:00pm – end of camp day

Friday December 29

- 9:00am – Coaches meeting
- 9:30am – **all athletes meet**
- 12:00pm – End of Camp

A more detailed itinerary will be sent to all registered athletes in the week prior to the camp. Athletes can expect a morning skiing session, lunch break, afternoon skiing session and/or an afternoon indoor information session. Both Skate and Classic technique will be a focus of the camp.