

**Regional Camp  
Northern**



**Teck**

**Teck Regional Snow Camp, Northern BC  
Bulkley Valley Nordic Centre, Smithers, BC  
December 13-15, 2024**



**Host Club:** Bulkley Valley Cross Country Ski Club <https://bvnordic.ca>

**Eligibility:** Athletes aged 8 and up are welcome to attend. Teck-branded toques will be available for participants 16 and under.

Registration capacity is 60 athletes. If the camp is full when registering, contact [nsdpcoordinator@bvnordic.ca](mailto:nsdpcoordinator@bvnordic.ca)

**Camp Opens: Friday December 13, 5pm.**

**Camp Ends: Sunday December 15, noon.**

**Camp Fee:** Early Bird - \$103 until Nov. 29, 2024 and Late Registration - \$129 until Dec. 6, 2024. Coaches are free.

**Zone 4 Registration:** <https://zone4.ca/register.asp?id=37053> Fees payable by credit card only. Registration closes **Friday, Dec 6 11:59pm.**

**Regional Contact:** [andrea.stapff@bvnordic.ca](mailto:andrea.stapff@bvnordic.ca)

**Coaches:** Andrea Stapff (BV Nordic Head Coach), a CCBC Coach and lots of awesome coaches from our northern region clubs.

NOTE: Coaches need to register for the camp.

**Meals:** Participants are asked to have dinner prior to arrival on Friday. A snack and hot drink will be provided during evening activities on Friday. Lunch, an afternoon snack and dinner will be provided for all registered athletes and coaches on Saturday. A snack will be provided on Sunday morning.

Non-registered participants (parents, siblings) may purchase a meal voucher, for both lunch and dinner on Saturday, in the Zone4 registration. Hydration and snacks needed during training sessions (bars, gels, etc.) are the responsibility of the athlete.

All families registering athletes for the camp are requested to contribute a baked good to the camp (1doz cookies, muffins, squares, etc.).

**Accommodations:** For out-of-town attendees, the BV Nordic Centre Buchfink Lodge is available for sleeping. Capacity is limited to 20! Please contact [nsdpcoordinator@bvnordic.ca](mailto:nsdpcoordinator@bvnordic.ca) if you wish to overnight in the Lodge. There is a full kitchen and plenty of floor space. You will need to bring a sleeping bag, pad, pillow and your own breakfast. Athletes must be accompanied by an adult/s. There are options for local hotels at your own cost.

Local athletes will return home after camp activities finish for the day.

### **Camp Schedule:**

#### **Friday Dec 13th Evening**

- 5:00 PM Arrival and check in, all athletes and coaches
- 5:20 PM Coaches meeting
- 5:45 PM Welcome, form groups, meet coaches
- 6:00 PM 1 hr EASY PACED ski with headlamps - SKATE
- 7:00PM Lighting of lanterns, fire, snack & warm beverage outside
- 7:30 PM Departure of local and in-town athletes

#### **Saturday Dec 14th Morning**

- 8:00 AM Breakfast and clean-up for athletes/chaperones staying in Lodge
- 8:45 AM Arrival of local and in-town athletes
- 9:00 AM Coaches meeting
- 9:20 AM Athletes on snow, warm-up, form groups, meet coaches
- 9:45-11:45 AM Technique stations - SKATE
- 12:00 PM Lunch at Lodge, all athletes and coaches

#### **Saturday Dec 14th Afternoon/Evening**

- 1:00 PM Classic wax prep and test in groups (with parents if needed) assisted by coaches with recommended wax
- 1:45 PM Athletes on snow, warm-up, form groups, meet coaches
- 2:00-3:30 PM Technique stations - CLASSIC
- 3:30 PM Snack break, outside
- 3:45-4:45 PM Group Games
- 5:00 PM Dinner at Lodge, all athletes and coaches
- 6:00-7:00 PM Fire and Fun!
- 7:00 PM Departure for local and in-town athletes

### **Sunday Dec 15th Morning**

8:00 AM	Breakfast and clean-up for athletes/chaperones staying in Lodge
8:45 AM	Arrival of local and in-town athletes
9:00 AM	Coaches meeting
9:20 AM	Athletes on snow, camp photo, warm-up
9:45-10:30 AM	Mass start practice - CLASSIC
10:30	Snack break
10:45-11:45 AM	Camp Relay - CLASSIC - costumes encouraged!
11:45 AM	Camp Wrap-up
12:00 PM	Departure

### **Packing List:**

- Classic and Skate skis, boots and poles
- Grip wax for classic skis
- Tools to clean skis – scrapers, solvent, paper towels
- Water bottle and carrier
- Training snacks and hydration
- Training clothes, sufficient for the number of training sessions per day
- Warm weather clothing – puffy, extra mitts/gloves, socks
- Sunglasses, sunscreen, lip balm
- Headlamp
- Enthusiasm to learn new skills, be safe and have an enormous amount of fun!

The focus of the camp is to have FUN! The camp will provide opportunities to refine and improve both classic and skate techniques under the guidance of experienced coaches as well as time to bond with your teammates and make new friends.

Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.