

# Regional Camp Kootenay



Teck

Winter is coming !

What better way to enjoy the first ski session of the season than at the Panorama Mountain Resort, one of the most famous alpine ski areas in BC! Panorama Mountain can also be a great early cross country site with an amazing snow environment.

Join us for a great early season camp on fresh snow. Activities will include classic and skate sessions, wax tips, season preparation and team builders. Fun and Sport will be the most important aspect on every day, A Teck-branded tuque will be provided to each participant 16 and under attending the camp.

The focus for the camp is FUN, as well as time to bond with your teammates and other clubs. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

Please note that staffing challenges at Panorama will prevent us from going to the high alpine ski venue that we have used in years past. We look forward to delivering a great camp this year at lower elevations.

## CAMP INFORMATION

Participants: BC regional skiers age 9 to 18. The goal of the camp is for the skiers to have fun, make new friends, get an early season snow experience with some great tips and coaching to prepare them for the upcoming season.

**Host Club:** Toby Creek Nordic Ski Club

**Coaching:** Head Coach Benoît Chauvet, Graham Maclean (CCBC coach) and other coaches from various Kootenay Teams.

**Contact** [headcoach@tobycreeknordic.ca](mailto:headcoach@tobycreeknordic.ca) if you can help coach. Parents and other club coaches are welcome to join in the activities. Contact [headcoach@tobycreeknordic.ca](mailto:headcoach@tobycreeknordic.ca) if you wish to join as a parent helper.

Camp Start: Friday Nov 25, 4.30pm

Camp Finish: Sunday Nov 27, 3.00pm

Camp Fee: The camp fee is \$105 for athletes. This includes trail fees for 3 days of skiing plus coaching, and dinner on Saturday night. There is no fee for coaches to ski, but they will need to pay for the Saturday dinner.

Dinner on Saturday night is included for athletes, but accommodation and other meals and snacks are the responsibility of the participants. Dinner on Saturday evening will be in Invermere (place to be defined).

Participants have the option to pre-order lunches at Panorama with registration (\$27/lunch).

Parents wanting to ski on their own need to pay \$15/day directly to the club on the day of training (condition dependent)

Registration: Register at <https://zone4.ca/>. Deadline for registration is noon on November 22, 2022.

Accommodation: Promo codes for accommodations are offered from Panorama. This promo code can be used online to book <https://www.panoramaresort.com/>, or guests also have the option to call in to the reservations center if they would rather speak with an agent.

Please use PSRACE40 / CCBC Regional Camp

Panorama Central Reservations for bookings at: 1.800.663.2929

OR

20 minutes from Panorama: Invermere Inn and Suites [www.invermereinn.com](http://www.invermereinn.com). Special rate: room with 2 queen beds is \$92.65 + tax per night. Send an email to [info@invermereinn.com](mailto:info@invermereinn.com) or call 250.342.9246 and ask for this price for the camp.

Bring your own bag lunches.

## WHAT TO BRING

- Appropriate warm clothing. Early winter can be very cold.
- Please leave electronic devices away for the weekend!
- All gear for classic and skating sessions (skis, poles, boots) -skis prepped and ready to go
- basic wax box and a few basic grip waxes that can be put in your pack
- outdoor clothes for all weather/training conditions
- small backpack for packing lunch and drinks; thermos with hot drink is a good idea
- water bottle
- Running shoes and indoor/outdoor comfortable/workout gear (Friday evening)
- Headlamp for Friday evening
- Medical number
- Hot packs/toe warmers

## CAMP SCHEDULE

*\*NOTE: CAMP SCHEDULE SUBJECT TO CHANGE DUE TO WEATHER/SNOW CONDITIONS.*

### November 25, Friday Evening – Panorama Village

4.30PM Camp information session for parents, coaches, and athletes  
Location: Greywolf Clubhouse (1860 Greywolf Dr.)

5PM – 6.30PM Outdoor team building and ski activities/games ; skating technique

### November 26, Saturday

8:45 Meet at Great Hall

9AM-12PM Classic session

12PM Lunch Time

1PM-2PM Waxing workshop

2PM-5PM Skating session + team sprint

### November 27, Sunday

8:45 Meet at Greywolf Building

9:00 – 12:00 Classic session (technique, games)

12PM Lunch Time

1PM-3PM Relay event

