



Teck Regional Snow Camp Northern BC
BV Nordic Centre, Smithers, BC
Dec 9-11, 2022



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



Eligibility: Northern Region Skiers – 9 – 17 years of age

Camp Dates and Times:

Friday December 9 – 5:30 pm to Sunday December 11 – 12:00 pm

Accommodations: For out-of-towners, Bulkley Valley Nordic Centre Buckfinch Lodge will be available. It is equipped with washrooms, a kitchen and lots of places to sleep on the floor. Bring your sleeping bag, pad and pillow. There are options at hotels in town if preferred at your own cost. Local athletes will return home.

Camp Fee: Early Bird - \$100 until Nov. 24, 2022 and Late Registration - \$125 until Dec. 2, 2022. Cap of 60 athletes.

The fee includes trail fees, use of the BV lodge, pool fee, snacks and Saturday night dinner.

Coaches: Andrew Brisbin (Bulkley Valley Nordic Head Coach), Graham Maclean, Graeme Moore and other certified local coaches.

NOTE: Coaches need to register for the camp. If you are interested, please email andrew.brisbin@bvnordic.ca for a DISCOUNT CODE that will set your Zone4 registration cost at \$0.00.

Regional Contact: andrew.brisbin@bvnordic.ca

Zone 4 Registration: <https://zone4.ca/register.asp?id=30314>

Food: Saturday night dinner will be provided along with daily snacks. Athletes are required to bring their own lunch and drinks for Saturday and Sunday. Out of town participants, staying at the lodge, will need to provide their own breakfasts.

Snow Camp Itinerary 2022– DRAFT

FRIDAY Dec. 9 – 5:30 – 8:00 pm

5:30 pm - check in, drop off bags for out-of-towners

6:00 pm - Lantern ski – 1.5 hours

7:30 - Hot Chocolate in Stadium

8:00 - Home for locals

8:00 – Coaches Meeting

9:45 – lights out at the lodge

SATURDAY Dec. 10 – 8:45 am – 8:30 pm

7:30 - Breakfast and clean-up

8:45 - Welcome and group warm-up

9:00 – Ski session #1 – various groups

10:30 - Snack

11:00 - Ski session #2

12:00 - Lunch and clean

1:00- Ski session #3

2:30 - Snack

3:00 - Swim in town pool

5:30 - Dinner and clean-up

6:30 – Fun evening group activity

8:00 – Coaches Meeting

8:30 – Home for locals

9:45 – lights out at the lodge

SUNDAY Dec. 11 – 8:45 am – 12:00 pm

7:30 – Breakfast and clean-up

8:45 - Welcome and group warm-up

9:00 – Fun relay

10:30 - Snack

10:45 – Ski session

11:45 – Group photo

12:00 – Lunch and wrap-up

List of Items to Bring:

- Classic and Skate skis, boots, poles
- Grip wax for classic skis
- Tools to clean skis – scrapers, solvent, paper towels
- Water bottle and carrier
- Lunch and drinks
- Training clothes including an extra set for more options
- Warm weather clothing – puffy, extra mitts/gloves, socks
- Sun glasses, sunscreen, lip balm
- Headlamp
- Bathing suit and towel
- Capacity to learn new skills, be safe and have an enormous amount of fun!

The focus of the camp will be 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. Coaches and/or chaperones will supervise athletes during the daytime activities. Parents and/or chaperones will be responsible for evening/night time supervision.