



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 of every day, A Teck-branded toque 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 behavior at all times.

Please note that we plan to use the high alpine ski venue that we have used in years past provided weather conditions allow. We look forward to delivering a great camp this year at the summit.

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 and 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, Adam Elliot (CCBC coach) and other coaches from various Kootenay Teams.

Contact rpcelectric@gmail.com if you can help coach. Parents and other club coaches are welcome to join in the activities. Contact rpcelectric@gmail.com if you wish to join as a parent helper.

Camp Start: Friday Nov 24, 4.30pm

Camp Finish: Sunday Nov 26, 3.00pm

Camp Fee: The camp fee is \$150 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 purchase meals at Panorama served daily at the Great Hall

(\$75 for 3 meal package) or (\$26 breakfast, \$29 lunch, \$30 dinner) Meal plans have to be ordered 2 weeks prior. Meal plan contact racing@panoramaresort.com direct - 250.341.3032
allison.frezell@panoramaresort.com

Parents wanting to ski on their own need to pay \$100 Registration: Register at <https://zone4.ca/register.asp?id=33533> Deadline for registration is 4 pm on November 22, 2023.

Accommodation: Special rates are being provided for the CCBC Panorama Regional Camp contact groups@panoramaresort.com or guests also have the option to call in to jody.mcconnachie@panoramarestort.com 250.341.4116 if they would rather speak with an agent. Use CCBC Regional Camp for special rates.

WHAT TO BRING

Bring your own bagged lunches and lots of water.

- 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
- 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
- Outdoor shoes/boots for Friday evening games
- Headlamp for Friday evening
- Medical number
- Hot packs/toe warmers

CAMP SCHEDULE

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

November 24, Friday Evening – Panorama Village

4.30PM Camp information session for parents, coaches, and athletes Location:

Outside the Great Hall (uphill side)

4:45 – 6:30 Outdoor team building activities/games

November 25, Saturday

8:45 Meet at the Great Hall

9AM-12PM Classic session

12PM Lunch Time

1PM-4PM Classic session + team sprint

6PM Group dinner

November 26, Sunday

8:45 Meet at the Great Hall

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

12PM Lunch Time
1PM-3PM Relay event

