

Teck Regional Fall Camp — Vancouver Island 2013

All nordic ski racers are welcome to attend this 2.5-day regional training camp.

Date: September 13-15, 2013

Camp start: Friday, September 13 at 4pm

Camp end: Sunday, September 15 at 11am

Host club: Strathcona Nordic Ski Club

Location: Miracle Beach Provincial Park located between Campbell River and Courtenay on Vancouver Island

Accommodation: Miracle Beach Group Campground

Coaches: Dave Battison, Andrea Stapff, Berend Henckel, and Devo Team Assistant Coach(es)

Cost: Junior and Masters racers - \$50*; Devo racers - \$40*

This fee includes camping, training, activities, and meals (two breakfasts, one lunch, one dinner, and snacks). **Friday's dinner is a potluck - all racers and their families welcome. Details about the Potluck will be sent prior to camp start.*

Registration: Register on Zone4.ca before Friday, September 6

Transportation: Racers are responsible for getting to and from camp at the designated camp start and camp end times.

Contact: Andrea Stapff <andrea.stapff@gmail.com> 1-250-202-7096 (cell)

Dave Battison <battison.dj@gmail.com> 1-250-202-0578 (cell)

Berend Henckel <bhenckel@telus.net>

What to bring

Clothing and Personal Items:

- Rain jacket
- Warm jacket & toque
- Training clothes for warm and cold, miserable weather
- Running shoes
- Socks – bring lots of extra socks in case of wet weather
- Shorts / pants / sweatshirt / t-shirt (casual clothes)
- Sunglasses with UV protection
- Bathing suit
- Towel
- Mosquito repellent (bug spray)
- Personal hygiene items (soap, shampoo, toothbrush, deodorant, etc.)
- Flip flops/sandals
- Sleeping bag, thermorest, pillow
- Headlamp
- Cup, bowl, and spoon
- Sunscreen
- Ball cap or sun hat
- Tent and tarp (or contact your coaches to see about sharing a tent)

Ski and Training Equipment:

- Roller skis, boots & poles
- Bike helmet
- Reflective vest for roller-skiing sessions

*****Reflective clothing and helmets are mandatory for roller ski sessions.***

You will not be allowed to participate in roller ski sessions without them.

- Water Bottles (a minimum of 2 bottles)
- Water bottle carrier
- Heart rate monitor

Please also bring a positive attitude and leave your electronic devices at home for the weekend.
Hope to see you there!