



**Camp Notice:**  
**Teck Okanagan Regional Dryland Camp**



**Special Guest: Hans-Christer (H-C) Holmberg will be joining us for the entirety of the camp!**

Holmberg is Professor of Sport Science at the Mid Sweden University and the Arctic University in Tromsø, Norway, as well as Affiliate Professor at the School of Kinesiology, University of British Columbia, Vancouver, and Karolinska Institute, Stockholm, Sweden. He has been involved in competitive Swedish XC skiing since 1992; has written four books for Scandinavian XC ski coaches that has been classics in the field; and acted as Head Coach and Physiologist for the Swedish National XC Skiing Team and personal coach/advisor to many of the most successful Swedish XC skiers and their coaches. In addition, he founded the Swedish Winter Sports Research Centre in 2006 and has acted as its Director until 2015. Holmberg's scientific publications, including more than 190 articles and several book chapters, focus primarily on elite athletes (in particular cross-country skiers), using integrated physiological and biomechanical approaches to characterize and improve performance. Holmberg is also director of Research and Development at the Swedish

Olympic Committee (attending all Olympic Games since 1994), thereby providing a key link between academic research and elite sport in Sweden. He has extensive experience in the development and training of elite athletes in a variety of sports and is highly appreciated lecturer on this and related subjects. You may follow him on social media:

[TWITTER: HCHolmberg1](#)

[INSTAGRAM: the\\_olympic\\_professor](#)

[LinkedIn: H-C Holmberg](#)

**Host Club:** Revelstoke Nordic

**Dates:** Friday, September 20<sup>th</sup> to Sunday, September 22<sup>nd</sup>. Camp has a full participation policy and participants are expected to stay through entire camp.

**Eligibility:** Skiers born 2002 – 2010.

**Location:** Group Sites 1 & 2 at Blanket Creek Provincial Park, 25km south of Revelstoke. For more information: [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/blanket\\_crk/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/blanket_crk/)

**Regional Coach:** Matthew Smider: [coach@revelstokenordic.org](mailto:coach@revelstokenordic.org), (250) 683-9012

**Camp Begins:** 7pm on Friday, September 20<sup>th</sup> at Blanket Creek Provincial Park. Please set up campsite and eat dinner prior to commencement of camp (dinner will NOT be provided on Friday).

**Camp Ends:** 12:30pm on Sunday, September 22<sup>nd</sup>. Lunch will be served prior to end of camp.

**Registration:** Eligible athletes, coaches and coach helpers may register through zone4.ca until 11:59pm on Monday, September 16<sup>th</sup>, 2019 (or until full). Registration will be open to 80 athletes and a limited number of coaches and coach helpers. Other family members are welcome to arrange their own campsite and meals at Blanket Creek, however only registered athletes, coaches and coach helpers will be allowed to stay at group site and eat camp meals.

**Camp Fee:** \$70.00 for athletes; free for coaches (L2T-trained); and \$35.00 for coach helpers (not L2T-trained). Includes camp t-shirt, online processing fees, camping fees for Friday and Saturday night and the following meals: Saturday breakfast, lunch and dinner and Sunday breakfast and lunch.

**Camping:**

- We will be using the two 50-person group camp sites at Blanket Creek.
- **You do NOT need to reserve a site.** Your zone4.ca registration confirms your space. Arrive at group site on Friday and set up at your preferred location.
- The two group sites are situated adjacent to one another. One site is packed-gravel, orientated towards RV and trailer camping and the other site is a grassy tenting area. It

is expected that we will have more tent camping than vehicle camping, therefore tents may be pitched in packed-gravel site.

- Drinking water is available on site.
- There are two toilets at group sites and several nearby; no showers. Showers are available at the community centre.
- Non-registered family members are welcome to arrange their own campsite and accommodation at Blanket Creek.

#### **Food:**

- Dinner will NOT be provided on Friday night. Please eat dinner prior to the commencement of camp.
- We will provide breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.
- Snacks and sport drink will NOT be provided.
- Specific dietary concerns should be listed in zone4.ca registration.
- **Please bring your own camp dishware (plates, bowls, cups) and utensils.** We will provide a dish cleaning area for use post-meal.

#### **Packing List:**

- BC Care Card
- Snacks and sport drinks
- Camp dishware and utensils
- Tent / RV / Trailer
- Sleeping mat, sleeping bag, pillow
- Personal hygiene and sun protection items (there are no showers on site, but option to use community centre showers and plenty of lake / lagoon swimming opportunities)
- Towel
- Bathing suit
- Training clothes for conditions ranging from warm and dry to cold and wet
- Casual clothes for conditions ranging from warm and dry to cold and wet (include warm jacket for cool evenings)
- Running shoes
- Casual footwear
- Rollerski equipment (skate rollerskis, boots, poles, helmets and reflective vests)
- Ski striding poles
- Water bottle and carrier
- Head lamp

*Looking forward to seeing everyone at camp! Please direct any questions to [coach@revelstokenordic.org](mailto:coach@revelstokenordic.org).*