

CCBC Teck Regional dryland camp Prince George, September 20th – 22nd, 2019



This is an overnight dry-land camp for Northern BC skiers born 2010 and older. Activities will include roller skiing, ski striding, running and hiking, and strength exercises. Athletes will stay in the ski lodge on the Friday and Saturday night, and will be involved in food preparation and cleanup.

Host Club:

Caledonia Nordic Ski Club
8141 Otway Road
Prince George, BC

Camp Head coaches:

Nicole Perrin, Head Coach
Caledonia Nordic
Cell: 250-231-9155
Email: headcoach@caledonianordic.com

Maria Lundgren, Head Coach
Cross Country BC
Cell: 604-906-1081
Email: coaching@crosscountrybc.ca

Assistant coaches:

Belinda Hanlon, Paul Green, Miriam Green, Jeni Lee, Umesh Parshotam, Arthur Roots, Tuppy Hoehn, Graeme Moore

Registration:

Register at Zone4.ca <https://zone4.ca/reg.asp?id=21815>

Registration Closes:

Thursday September 12th at midnight (or when numbers reach capacity). Don't wait until the last minute to register.

Camp Begins: Friday September 20th with a team meeting at 6:00 pm at Caledonia Ski Club

Camp Ends: Sunday September 22nd, 2:00pm (approximately) at Caledonia Ski Club

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept 20th and stay until the camp ends on Sept 22nd unless you have made prior arrangements with the Head Coach.

Camp Fee: \$75.00 per person. Does not include the Zone4.ca processing fees

This includes accommodation (Friday and Saturday nights), snacks and meals (Saturday breakfast through to Sunday lunch), all activities and coaching.

Teck t-shirts: T-shirts will be provided to each participant 16 years and under at this camp.



Dry-land Camp Packing List

- B.C. Care Card/ Medical number
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Sunglasses
- Towel
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Sleeping Bag, Sleeping Mat, Pillow
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt/ Long underwear (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running Shoes
- Ski Striding Poles (10 cm shorter than regular classic poles - i.e. mid-chest height)
- Heart Rate Monitor (if you have one)
- Water bottles and carrier
- Headlamp
- Band-Aids and blister bandages
- Yoga mat or foamy
- Skate Roller Ski Equipment
 - Includes: Roller Skis (please let the head coaches know if you do not have this) **poles with road tips for both skate and classic**, boots, **helmet, reflective vest**, gloves

***Reflective vests and helmets are MANDATORY** for roller ski sessions.

*You will not be allowed to participate in roller ski sessions if you do not have them.

- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify Head Coach of any allergies, special dietary requirements, or relevant medical conditions (also complete relevant fields on the online Registration)
- Please leave electronic devices at home for the weekend!!!!
(You'll have so much fun that you won't miss them)
- **Please bring a dozen healthy snacks (muffins etc)**