

**Regional Camp
Kootenay**



Teck

TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY) Sept 15th – Sept 17th, 2023

Welcome to the 2023 Teck Dryland Camp in Kimberley!

We are looking forward to having you here for an awesome long weekend of training and fun. We respectfully acknowledge that we live, work and play on the unceded territories of the Ktunaxa First Nations.

Host Club: Kimberley Nordic Club

Head Coach: Pauline Forren. Phone: (250-432-5423) Email: coach@kimberleynordic.org

Registration: <https://zone4.ca/register.asp?id=32756>

Registration closes Sept 8th.

Note: Camp fees cannot be refunded after the registration deadline

Camp Begins: Friday Sept 15th, 5:00pm at Kimberley Nordic Centre. Athletes and volunteer coaches are expected to arrive in time to pick up meal tickets and camp T-shirts and be ready to start the first workout at 5:00pm.

Camp Ends: Sunday Sept 17th at 1:00pm.

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept 15th and stay until the camp ends on Sept 17th unless you have made prior arrangements with the Head Coach.

Camp Fee: Cost for the camp is \$100 for athletes of all ages. The fee includes rental of the lodge, snacks for the athletes, electrolyte drink, and dinner on Friday and Saturday night. For parents/guests not registered for the camp, dinner tickets will be available through Zone4 at \$20 per person/meal. Everyone will be responsible for all of their own breakfasts and lunches.

Camp Agenda: Details of the camp agenda and maps of the various locations where training sessions occur are available through the KNC website. Click on the Events tab, select the Dryland Camp, and then there are several tabs at the bottom for you to choose. Travelling between the various event locations will be your own responsibility, but carpooling will be allowed and encouraged. Please be aware that there are times when there are two sessions in different locations in the same morning or afternoon. Please arrive at the location for each event on time.

Camping: If you are planning to camp at the KNC lodge, please refer to the map which is posted in the Event Maps tab before you set up your camper/tent. We ask that all vehicles be parked south of the creek/culvert. There are 18 electrical plugs that will be available, 110V each. Please do not overload the electrical circuits. It will be first come, first served, and 1 plug per customer!

Bear Aware: At this time of year, our local black bear population likes to travel through town, so be “Bear Aware” and keep food and “good smelling stuff” locked up and inaccessible. Keep the area in and around the KNC lodge clean and tidy.

Meals: For the catered dinners, please be aware of the start times of 7:00pm and 7:30pm for the younger and older kids respectively on Friday, and 6:00pm and 6:30pm on Saturday. To cut back on waste, you are allowed/encouraged to bring your own cutlery, but due to food safety guidelines you cannot bring your own bowls/plates.

R2T Guidelines: Even though we call it our roller-skiing trail, R2T is a multi-use trail, and pedestrians have the right of way. When passing other users, always travel single file, and be aware of your roller ski pole tips and angle them away from other users. Many other communities have banned roller-skiing from their multi-use trails, and we do not want to see that happen here, so please be respectful of the other users. Remember; helmets, glasses, gloves and hi-vis shirt/vest is mandatory for all roller-skiing sessions.

Dryland Camp Packing List

- B.C. Care Card/Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc.)
- Classic and skate boots, poles, skis
- Helmet
- High visibility clothing
- Watch
- Sunscreen
- Sun glasses
- Towels
- Swimsuit
- Rain Jacket
- Training clothes for various weather conditions
- Long underwear
- Socks
- Casual clothes
- Gloves
- Waterpack and/or small backpack for running/hiking
- Running shoes
- Heart rate monitor (if you have)
- Water bottles
- Head lamp