

TECK 2015 Regional Spring Camp

Coast – Vancouver Island

STRATHCONA PARK LODGE & OUTDOOR EDUCATION CENTRE

May 1-4, 2015

No snow – so let's go! Time to kick-start the new season with some high energy adventuring, outdoor challenges, team bonding, and piles of FUN! Join us at Strathcona Park Lodge & Outdoor Education Centre for some great training, fun outdoor activities including high ropes challenge course and zip-line, canoeing and kayaking and the Lodge's great food!

Location: Strathcona Park Lodge & Outdoor Education Centre, Highway 28, Campbell River

Athletes: This camp is open to any current Junior or Devo athlete and especially welcomes any new athletes wishing to join the Junior or Devo groups. Based on the Long Term Athlete Development model, athletes in the Learn to Train, Train to Train and Learn to Compete stages of development will benefit from this camp. This camp is also open to any current or interested Masters athletes.

Coaches: Head Coach Andrea Stapff, Jr Team Coaches Tim McGrady & Brad Fraser, Devo Team Coaches Dave Damery & Berend Henckel and Assistant Devo Team Coaches

Registration & Cost:

Juniors – Full Camp - \$230 - Friday 5pm to Monday morning 10am, includes three nights accommodation at the Lodge, all meals/snacks and six activity/training sessions.

Devos – Full Camp - \$150 - Friday 5pm to Sunday afternoon 4pm, includes 2 nights accommodation at the Lodge, all meals/snacks and four activity sessions.

Masters – Day Camp - \$40 per day – 9am to 4pm, Saturday and/or Sunday, includes lunch and two activity/training sessions per day, optional dinner at additional cost.

The focus for this camp is FUN and time to bond with your teammates. Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

Registration and payment is on www.zone4.ca, deadline to register is April 28.

For registration inquiries please contact andrea.stapff@gmail.com

Training and Activity Times:

Friday: 5:00pm – arrival at Lodge and check-in

5:30pm – dinner

6:30pm – evening group activity followed by team meetings

Saturday: 7:00am – wake-up, activation,

7:30am – breakfast

9:00am to 11:00am – activity/training – Devos – HighRopes/ZipLine

12:00pm – lunch

1:00pm to 2:00pm – quiet time and rest

2:00pm to 4:00pm – activity/training – Juniors – HighRopes/ZipLine

5:30pm - dinner

6:30pm – evening activities

Sunday: 7:00am – wake-up, activation,

7:30am – breakfast

9:00am to 11:00am – activity/training

12:00pm – lunch

1:00pm to 2:00pm – quiet time and rest

2:00pm to 4:00pm – activity/training

2:00pm to 3:30pm – Devo activity followed by clean-up and pack

3:30pm – Devo parent meeting, Devo departure at 4:00pm

5:30pm – dinner - Juniors

6:30pm – evening activities & Talent Show

Monday: 6:00am – wake-up, morning activity

7:30am – breakfast

8:30am to 10:00am – clean-up and pack, departure at 10:00am

What to bring:

Training gear – Expect the worst, be prepared for all conditions – rain jacket & pants, warm layers, several changes of training clothes, 2 pair running shoes (one pair that can get wet), heart rate monitor, water bottle (sport drink will be provided), hat, sun glasses, sunscreen

Sleeping bag (pillow and pillow case will be provided), towel, and personal items

Comfortable lounging around clothing

Home work

Please refrain from bringing any electronic devices for the duration of the camp - there is no cell coverage or internet access at the Lodge. Games, videos, etc will not be permitted during the camp.

See you at the Lodge!