



## ***Teck Regional Snow Camp – 2021***

### ***Vancouver Island – Coast***

#### **Hosted by Strathcona Nordic Ski Club**

- Camp: Teck Regional Snow Camp 2021 – Vancouver Island - Coast
- Dates: December 28-30, 2021
- Location: Mount Washington Nordic Centre, Mt Washington
- Contact: Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches: Andrea Stapff, Marika Galik, Fil Bohac, Kate Scallion, Gavin MacPhail, Jim Bratrud, Alison James, Michaela Jelen, Sophia Sauter, Jay Havelaar, Ramona Gregory
- Eligibility: Vancouver Island skiers currently members of a club racing program: Devos, Juniors, Masters.
- Camp Session Times: **9:30am – 2:30pm Tuesday December 28**  
**9:30am – 2:30pm Wednesday December 29**  
**9:30am – 1:00pm Thursday December 30**
- Camp Format: This camp runs as a day camp format, lunches and snacks are the responsibility of the participant.
- Camp Fee: Free! All camp participants, athletes and coaches, require a Mt Washington trail pass or season pass for each day.
- Camp Registration: On-line through Zone4.ca only. Registration closes Thursday December 23. All participants 16 and under will receive a CCBC Regional camp toque.
- Inquiries: Andrea Stapff  
[andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)  
250-202-7096



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#### **What to Bring:**

- ✓ skate and classic equipment
- ✓ kick waxes, cork
- ✓ appropriate clothing for all weather conditions
- ✓ water belt or water bottle
- ✓ your own lunch and snacks for pre/post training
- ✓ heart rate monitor (Juniors and Masters)

#### **Camp Itinerary:**

Monday December 28

9:30am – **all athletes, meet in stadium – SKATE**

Tuesday December 29

9:30am – **all athletes, meet in stadium – CLASSIC**

JUNIORS – bring waxable classic skis!!

Wednesday December 30

9:30am – **all athletes, meet in stadium – SKATE**