



## ***Teck Regional Snow Camp – 2022***

### ***Vancouver Island – Coast***

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

- Camp: Teck Regional Snow Camp 2022 – Vancouver Island - Coast
- Dates: December 27-29, 2022
- Location: Mount Washington Nordic Centre, Mt Washington
- Contact: Andrea Stapff (Head Coach/Camp Coordinator)
- Camp Coaches: Jr Team coaches, Devo Team coaches
- Eligibility: Vancouver Island skiers who are currently members of a club racing program: Devos, Juniors.
- Camp Session Times: **9:00am – 3:00pm Tuesday, December 27**  
**9:00am – 3:00pm Wednesday, December 28**  
**9:30am – 12:00pm Thursday, December 29**
- 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 Friday, 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)

#### **Camp Itinerary:**

##### Monday December 28

9:00am – **all athletes, meet in stadium – SKATE**

3:00pm – end of camp day

##### Tuesday December 29

9:00am – **all athletes, meet in stadium – CLASSIC**

JUNIORS – bring waxable classic skis!!

3:00pm – end of camp day

##### Wednesday December 30

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

12:00pm – end of camp

A more detailed itinerary will be sent to all registered athletes in the week prior to the camp. In general, you can expect a morning skiing session, lunch break, afternoon skiing session OR a shorter afternoon skiing session, snack break, and an afternoon indoor information session.