

**Regional Camp
Coast**



Teck

Teck Regional On-Snow Camp Notice (Coast) Whistler, November 17-19, 2017

Host Club: Whistler Nordics
www.whistlernordics.com
admin@whistlernordics.com

Camp Coach: Maria Lundgren
Ph: 604-906-1081
coaching@crosscountrybc.ca

This is an on snow camp for youth age 9+ years in the Coast region on the stored snow "Callaghan Gold". Athletes will stay at the Athletes' Lodge, located in the Athletes' Village in Whistler, on Friday and Saturday night. Meals will be catered by Whistler Food Co on Friday (snacks), Saturday (breakfast, snack, lunch & dinner) and Sunday (breakfast, snack & lunch). Please eat before you arrive on Friday!



Camp schedule

Start: Check-in Friday November 17 at 6pm at the Athletes' Lodge, Team meeting in the Hub at 7pm.
End: Sunday November 19 at 2pm. Pick-up is outside the Technical Building at the Cross Country Stadium.

This camp has a full participation policy. The participants are expected to arrive at 6pm on Friday November 17 and stay until the camp ends at 2:00pm on Sunday November 19 unless a prior arrangement has been made with the coach.

Please confirm your attendance by registering on Zone 4: <https://zone4.ca/reg.asp?id=16399>
Registration closes November 2nd, midnight. (We have to confirm accommodation at Whistler Athletes Centre on November 3rd).

Camp Fees: \$185 (includes meals, accommodation, and Zone 4 processing fees).
Trail Fees: \$25.20 (\$12.00 day + 5% GST).

Address of accommodation: 1080 Legacy Way, Whistler, BC, V0N 1B1.
Accommodation is in twin rooms (2 participants per room), bedding is provided.

Call for volunteers

To make the camp run smoothly and keep costs low we are looking for volunteers to:

- Assist with **coaching** on both days, overnight accommodation provided (*see below).
- **Drive** kids to Whistler Olympic Park and back to the athlete lodge on Saturday and to Whistler Olympic Park on Sunday.
- Help coordinate the **food** distribution on Saturday morning, Saturday night, Sunday morning.
- Stay over and provide **supervision** at the athlete lodge on the Friday and Saturday night.
*Note that those people staying over at the lodge need to be coaches (e.g. certified with an up to date Criminal Record Check)

Please email: Maria Lundgren, coaching@crosscountrybc.ca to confirm where you can help.

On-snow camp packing list

- BC Care Card/ Medical Number
- Personal toiletry items & towel
- Sunscreen & Lip Balm
- Sunglasses
- Rain Jacket
- Puffy Jacket
- Training Clothes
- Socks
- Long underwear
- Toque
- Gloves
- Running shoes
- Classic Skis, Boots and Poles (Bring rock skis (skate and classic) if possible)
- Skate Skis, Boots and Poles
- Water bottle and carriers
- Headlamp
- Pajamas & comfortable clothes for Saturday evening
- Indoor training clothes (for gymnastics)
- Basic first aid (band-aids, polysporin, moleskin, tape for feet etc)
- Wax for your skate and classic skis

Please leave electronic devices at home for the weekend.

All participants (16 years and under) will receive a hat from Teck and Cross Country BC:

