



On Snow Camp Notice Whistler, December 3-4, 2016

This is an on snow camp for youth age 9+ in the Coast region. Teck and Cross Country BC will provide all 9-14 year olds with a free baseball cap but older athletes are welcome to attend. Athletes will stay at the Athletes' Lodge, located in the Athletes' Village in Whistler, Saturday night only. Meals will be provided Saturday (dinner) and Sunday (breakfast, snack & lunch).

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

Camp Coach: Maria Lundgren
Ph: 604-906-1081
maria@cvtc.ca



Camp Schedule:

Start: Saturday December 3 at 9 am 'Welcome to Camp' at Whistler Olympic Park

End: Sunday December 4 at 2:30 pm Depart from Whistler Olympic Park

Drop-off and pick-up is outside the Technical Building at the Cross Country Stadium.

Camp has a full participation policy. The participants are expected to arrive at 9am on Saturday December 3 and stay until the camp ends at 2:30pm on Sunday December 4 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=13684>. Deadline Nov 3 Midnight.

We have to confirm accommodation at Whistler Athletes Centre on Nov 4.

Camp Fees: \$ 125 (includes meals, accommodation, and Zone 4 processing fees)

Trail Fees: \$10.50 (\$5/day + 5% GST), required unless you have a seasons pass to the WOP



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 from Whistler Olympic Park to the athlete lodge on Saturday afternoon and back to Whistler Olympic Park on Sunday.
- Help coordinate the **food preparation** and distribution on Saturday night and Sunday morning.
- Stay over and provide **supervision** at the athlete lodge on the 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: Tony Peiffer, Volunteer Coordinator, on tpeiffer@shaw.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.



Full Camp Schedule

SATURDAY DEC 3rd

- 9:00am Camp starts – meet in the flex space at WOP cross-country venue. Welcome and introduction – meet coaches & see training groups
- 9:30am **On snow session – skate** (1.5 hour – 2 hours)
- 11:00am Lunch in the flex space (bring packed lunch)
- 1:00pm Prepare classic skis, waxing
- 1:30pm **On snow session – classic** (1 hour – 1.5 hour)
- 3:15pm Departure to Whistler Athletes lodge
- 5:00pm Dinner & clean up
- 7:00pm Gymnastics (1.5 hour)
- 8:30pm Team meeting and evening snacks – multipurpose room HP
- 9:30pm Lights out!

SUNDAY DEC 4th

- 7:00am Wake up
- 7:30am Breakfast
- 9:00am Departure to Whistler Olympic Park
- 9:30am **On snow session – classic** (1 hour – 1.5 hour) Technique/adventure ski
- 11:00am Lunch
- 12:30pm **On snow session – skate** (1.5 hour) Team sprints/relays
- 2:30pm Camp ends – pick up athletes