



Teck Regional Spring Camp 2013

The start of the new training season is upon us! Time to get your skis and gear ready for the *annual May camp*. Come join us on the mountain for some great skiing, good food, and lots of fun and games from **May 10th - 13th**. Mount Washington will be grooming access to Lower West Meadows and some of the Upper Meadows (dependant on snow quality).

You can stay in group accommodation with your team for the entire camp or join us for drop in sessions. We will meet at the bottom of the Hawk Chair for workouts twice daily—don't be late.

Accommodations:

- JR and Masters Racers – Strathcona Park Lodge *Golden Hinde Chalet*
- Devo Racers – Vancouver Island Mountain Sport Center

Schedule:

Friday, May 10th, afternoon

- 3:00pm to 4:00pm – Check into chalets (get changed for skate skiing)
- 4:00pm to 5:30pm – Skate ski with your training groups
- 6:30pm – Dinner
- Following dinner – Team meeting

Saturday, May 11th

- 8:00am to 10:30am – Skate ski (wake up and breakfast 7:00am)
- 11:00am – 12:30pm – Lunch
- 1:00pm to 2:00pm – Quiet time and rest
- 2:30pm – Prep for afternoon workout Classic
- 3:00pm to 4:30 – Classic workout
- 5:30pm – Group Bar-B-Que
- Following dinner – Team meeting* and group game. **This meeting is a new parents' meeting for JR Team.*

Sunday, May 12th

- 8:00am – Skate ski (Mothers Day relay race. Everyone welcome!)
- 11:00am – Lunch (Followed by rest and quiet time) **Devos pack and get ready to depart**
- 2:30pm – Prep for Classic workout
- 3:00pm to 5:00pm – Classic ski
- 6:00pm Junior and Masters team dinner
- Following dinner is Minute-to-Win-It tournament.

Monday, May 13th

- Early ski day
- Prep and pack for departure and school. (You may be late for school, so please tell your school and teachers ahead of time.)

What you need:

- Ski Gear – Skate and Classic skis, Boots, and Poles (conditions are usually good so don't worry about rock skis)
- Workout clothes – Expect the worst; be prepared for all ski conditions
- Running shoes and indoor workout clothes
- Water bottles (2 - 3); sport drink will be provided
- Toiletries and personal grooming items (don't be afraid to use them, soap is your friend)
- Comfortable lounging-around clothing
- School books and homework
- Bedding and sheets are supplied by both accommodations, but please bring any personal items that will make your time more comfortable (favourite pillow or sleeping bag, etc.)

The focus for this camp is not only fun and fantastic skiing, but it is also a great time to bond with your teammates. *Please refrain from bringing, or using electronic games and or devices for the time of the camp.*

Cost:

JR Team and Masters – Full stay \$275.00 (Includes Meals, Grooming, and Accommodation for three nights)

Devos – Full stay \$180 (Meals, Grooming, and Accommodation for two nights, 4 ski sessions)

Time spent with Coach Dave and the other coaches – Priceless!!!

Drop-in fee for ski sessions – \$10/person and \$20/family

Drop-in fee for the Bar-B-Que – \$10/person and \$20/family

Register:

Please fill in [the online form](#), and confirm your attendance with either Coach Dave battison.dj@gmail.com or Tim McGrady tim.mcgrady@gmail.com.

Please also fill in the:

[Camp waiver](#)

[Medical form](#) and bring these up to camp with you.

See you on the mountain!