

**Regional Camp  
Coast**



**Teck**

## **2025 Teck Regional Fall Camp, Vancouver Island**

**September 26-28 2025, Mount Washington**

**Host Club:** Strathcona Nordic Ski Club

**Head Coach:** Bertrand Hamoumraoui, +33 6 35 43 42 06, [headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)

**Participants:** This camp is dedicated to Devos (L2T) and Juniors athletes (T2T and L2C), ages 8-20.

Based on the Long Term Athlete Development (LTAD) model, athletes in the Learn to Train (Devos 8-11yrs), Train to Train (Juniors 12-15yrs) and Learn to Compete (Juniors 16-20yrs) will benefit from this camp. This camp is open to any current Devos (Track Attack) and/or Juniors athletes.

**New athletes** wishing to join the Devo or Junior programs must first ensure that the lead coach of the program has confirmed camp participation. If you're unsure about the suitability of participation, please contact the camp head coach Bertrand Hamoumraoui ([headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)).

This Regional Camp is open to athletes from off-island clubs, provided they are current race program members at their respective clubs.

**Camp fee:**

- \$140 Overnight: Devo
- \$80 Day Camp: Devo
- \$80 Day Camp: Junior
- \$140 Overnight: Juniors \*\*after Sept 12 only

**\*\*Note:** if by September 12, there still are some beds available, we will open overnight registration for Junior Athletes.

Devo's are encouraged to join the overnight camp.

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## Registration and payment:

Registration is open from **September 1 to September 18, at 12 noon**. If your athlete would like a Teck sponsored t-shirt, please complete registration by September 12, 6pm.

Registration is on zone4.ca: <https://zone4.ca/register.asp?id=39357>

**For registration inquiries**, please contact Bertrand Hamoumraoui ([headcoach@strathconanordics.com](mailto:headcoach@strathconanordics.com)).

**Camp Format:** this camp is intended for athletes focused on fitness, skills, and race preparation appropriate to their age and development age. The goal is also to take advantage of the location to hike and run in the Strathcona Park and enjoy all the trails.

**The Junior camp** is a two and a half day, **day camp** with training sessions on Friday afternoon, Saturday and Sunday morning and afternoon. Lunch is provided on Saturday and Sunday. See the camp schedule for more details. Bring your own training snacks and hydration.

**The Devo camp** is a two and a half day, **overnight camp** format, beginning at 4:30pm Friday. Training will occur Friday after arrival; Saturday morning and afternoon; and Sunday morning and afternoon. This camp also includes evening activities. Meals from Friday dinner to Sunday lunch will be provided; bring your own hydration and snacks.

Accommodation for athletes is at the Vancouver Island Mountain Center; a mattress cover and pillow will be provided. There is space for 32 athletes to stay over and accommodation is first come first serve. **Athletes staying over will need to bring their own sleeping bag, pillowcase and towel.**

**\*\*Note:** if by September 12, there still are some beds available, we will open overnight registration for Junior Athletes as well, to fill as many beds as possible.

**Parent volunteers** will be needed to support the camp (i.e., shopping for camp groceries, preparing meals, and overnight chaperoning). If parents are able to volunteer please indicate so

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on the spreadsheet (to be sent out by the Head Coach). Camp volunteers will receive further communication regarding volunteer needs after registration.

## CAMP SCHEDULE:

**Friday:** 4:30pm, Juniors and Devos arrival, briefing, and practice  
6:00pm Devos dinner and evening program  
9:00pm quiet time/in rooms

**Saturday:** 7:30am breakfast Devos  
9:00am arrival Juniors  
9:20am Devos and Juniors practice beginning  
12:00 Lunch  
1:30pm Devos practice  
1:30pm Juniors practice  
3:15pm Pick Up Juniors  
5:30pm dinner and evening programs, Devos  
9:00pm quiet time/in rooms

**Sunday:** 7:30am breakfast Devos  
9:00am arrival Juniors  
9:20 Devos and Juniors practice beginning  
12:00 Lunch  
1:15pm afternoon activity (ALL athletes)  
3:00pm pick up, camp ends

## What to bring:

- Training gear
- Classic and skate rollerskis\*
- Poles (with rollerskis tips)
- Ski boots (skate and classic)
- Runners (trail runners if you have them)
- Helmet
- High visibility shirt
- Heart rate monitor (juniors)
- Sun glasses, hat, sunscreen, bug spray
- Be prepared for all weather conditions (rain jacket, warm layers, cool layers, lots of clothes changes)
- Drink belt, water bottle, and your preferred hydration and snacks

*\*Athletes who do not have rollerskis can borrow club's rollerskis; however please bring your own poles with the appropriate pole tips.*

## Camp expectations/rules:

1. Athletes are expected to be respectful towards coaches, parent volunteers, and other athletes at all times. Any harassment or bullying will not be tolerated and will result in the athlete being sent home from the camp.
2. Junior athletes staying overnight will eat meals together and sleep in shared rooms. They are expected to maintain a clean sleeping area, clean up after themselves during meal times, and help with cleanup as requested.
3. We ask that athletes **leave all cell phones and electronic devices at home**. If an athlete chooses to bring a phone to the camp, it will be left with a parent volunteer or coach during the night. Cell phones and electronic devices are not permitted in bedrooms.
4. All overnight athletes will be expected to be in their rooms by 9 pm. Please respect the need for sleep of the athletes you share a room with.
5. Athletes are to remain inside VIMC during the evening after the outdoor activities are finished.