



**TECK COAST REGIONAL DRYLAND TRAINING CAMP**  
**Sept. 26 - 28, 2025, Whistler, BC**

This is an overnight dryland training camp for skiers born 2016 and older. Activities will include roller skiing, ski striding, running, hiking and strength exercises. Athletes will stay in group accommodations and will be involved in food preparation and cleanup.

**Host Club:** Hollyburn Cross Country Ski Club

**Head Coaches:** Fred Serratore, Jake Weaver 604-619-2075 [weaverjake59@gmail.com](mailto:weaverjake59@gmail.com)

**Registration:**

Register at Zone4.ca Go to: <https://zone4.ca/register.asp?id=39448>

Registration closes **Tuesday, Sept. 9** or when full.

As this is a developmental camp, priority will be given to 9 to 14 year olds. Older athletes can register and we will have a valuable program for them as usual. However if the camp is overbooked, priority will be given to athletes born in 2011 to 2016.

**Note: Camp fees cannot be refunded after the registration deadline.**

**Camp Begins:** Fri. Sept. 26, 7:00 pm at Whistler Athlete Lodge.

Participants are expected to have had dinner prior to the start of the camp. Friday dinner will not be provided. The first meeting will be at 7:30 pm.

**Camp Ends:** Sun. Sept 28, 2:00 pm (approximately)

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Sept. 26 and stay until the camp ends on Sept. 28 unless you have made prior arrangements with the Head Coach.

**Camp Fee:** The camp fee is **\$250** plus Zone4.ca processing fees. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and all activities.

**Dryland Camp Packing List**

- B.C. Care Card/ Medical number
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, floss, deodorant, etc)
- Alarm clock
- Watch
- Sunscreen and lip balm with sunblock
- Sun glasses
- Towel
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Long underwear
- Socks (lots of extra socks in case of wet weather)

- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and tuque)
- Gloves
- Small pack suitable for hiking and running with
- Running shoes
- Heart rate monitor (if you have or can borrow one)
- Water bottles and carrier
- Head lamp
- Recovery bars
- Reusable snack bag/pouch that can be stashed in your child's training/running pack

**\*\*\*\* A running backpack, enough water and snacks and clothing/gear suitable for the weather are MANDATORY for the run/hike.**

\*\*\*\*You will not be allowed to participate in the session if you do not have them.

-Rollerski equipment for Skate (rollerskis, poles with road tips, boots, helmet, reflective vest) The club has some loaner roller skis you can borrow. Let the coaches know at the Friday meeting.

**\*\*\*\*Very Bright clothing or reflective vests and helmets are MANDATORY for roller ski sessions.**

\*\*\*\*You will not be allowed to participate in roller ski sessions if you do not have them.

- Ski striding poles (10 cm shorter than regular classic poles ie. mid-chest height)
- Band-Aids and blister bandages
- Positive attitude and lots of enthusiasm!!!

### **CAMP EXTRAS:**

- Please notify camp coordinator of any allergies, special dietary requirements, or relevant medical conditions
- Please leave electronic devices at home for the weekend!!!!!! You'll have so much fun that you won't miss them. Laptops for doing homework and phones for emergency communications are allowed. We will confiscate electronic devices that are being used inappropriately.