

Prince George Regional Camp Dec 19-21

Skiers aged 10-17 are invited to a Regional Camp to be held at Otway Ski Area starting Friday Dec 19 at 7pm and ending Sunday Dec 21 at 2pm.

Cost: TBD but will not exceed \$25 per skier

Lunch and snacks will be provided both Saturday and Sunday.

To register please email Lisa Patterson ASAP at:

lisapatterson@shaw.ca

Or call and leave message at (250) 564-8422

Agenda

Friday Dec 19

7:00pm Introductions and welcome
7:30 Waxing and ski preparation hands-on workshop
8:30 Outdoor game
9:00 Wrap-up

Saturday Dec 20

9:00am Wax up for classic skiing
Classic technique instruction
10:30 Snack
10:45 Classic Technique Games
12:00 Lunch
1:00pm Treasure Hunt/Orienteering
2:15pm Snack
2:30 Downhill Technique + Downhill Time Trial
3:30 Tigger Ball
4:00 Wrap-up
Supper at own home or billet

8:00pm Swim at Rec Centre

Sunday Dec 21

9:00am Skate technique instruction
10:30 Snack
10:45 Team Relays
12:00 Lunch
12:45 Sprint Races or Skate Time-Trial
1:30 Awards, Evaluations and Thanks
2:00 Wrap-up

To Bring:

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| Friday | waxing iron
Plastic scraper
Groove scraper
Cork
1 Glider Wax (preferably suitable for the conditions)
Pair of classic and skate skis to practice waxing |
| Saturday | Classic skis, boots, poles
Water bottle and holder
Change of clothes for all types of conditions
Change of gloves/mitts, hat, socks
Cork and kick waxes (if you have them) |
| Sunday | Skate skis, boots, poles
Water bottle and holder
Change of clothes |