



Athlete and Parent Manual

October 2022

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TEAM PHILOSOPHY

MISSION STATEMENT

Welcome! As a registrant within our Track Attack (TA), Junior Development (JD) or Senior Development (SD) programs, you are officially a member of the Revelstoke Nordic Race Team (RNRT).

The RNRT's Mission Statement is:

- To provide athletes with the opportunity to achieve their Nordic skiing objectives.
- To create a fun and supportive environment for holistic personal development.
- To instill a passion for sport that contributes to a lifelong commitment to physical activity.

VISION

"Athlete Centered, Coach Directed, Parent Supported."

This vision represents the manner in which the RNRT operates; focused on developing athletes under the direction of coaches and with the support of parents.

Coaches follow a process-oriented approach to developing athletes. The focus is on achieving mastery of all skills and elements of the athletic experience, rather than results-based achievements.

Parents can support athletes and coaches by engaging in dialogue and inquiry regarding the specific process goals that athletes establish, rather than focusing solely on results-based achievements.

ATHLETE AND PARENT AGREEMENT

Our [Athlete and Parent Agreement](#) highlights expectations for athletes and parents involved in the RNRT. Athletes and parents will have the opportunity to review the document as a group and return signed to the Head Coach. Any concerns regarding athletes, parents or coaches should be reported directly to the Head Coach. Concerns regarding the Head Coach should be brought to the Athlete Development Committee Chair, Chad Smith.

PROGRAMS

REGISTRATION

Athletes can register for their respective [programs](#) and their Revelstoke Nordic Ski Club (RNSC) [membership](#) online. All program registrants must be members of the RNSC.

OVERVIEW

Ages

TA1 and TA2: 2008 - 2010

JD1: 2009 – 2010

JD2: 2003 – 2008

SD: 2002 +

The TA program aligns with the Learning to Train (L2T) stage of development in the [Long-Term Athlete Development \(LTAD\) framework](#). The JD program includes the Training to Train (T2T) and Learning to Compete (L2C) stages of development. The SD program extends from the L2C to the Active for Life stages.

Focus

L2T

- Increase time on snow and continue use of game and adventure-based activities to work on balance agility and rhythm
- All basic skiing skills in skate and classic technique are refined
- Prolonged low-intensity aerobic activities and longer speed bursts

- Introduce body weight strength, core exercises utilizing proper technique
- Develop and maintain flexibility during growth spurt
- Participates in variety of cross training activities
- Introduce mental, cognitive and emotional development
- Emphasize team environment and social activities
- Basic pre- and post-race nutrition strategies

T2T

- Performance related technique refinement and adaptations for all terrain and conditions
- Aerobic capacity
- Strength development immediately post Peak Height Velocity (PHV) for females; 12-18 months later for males
- Maintain flexibility post growth
- Incorporate medical monitoring tools; training plan
- Adapt pre/during/post nutrition
- Develop mental, cognitive and emotional skills

L2C

- Technique maintained under extreme fatigue and high stress
- Develop aerobic power post PHV
- Developing specific endurance strength and power
- Tactically prepared for specific events
- Single sport focused
- Advanced mental, cognitive and emotional development

Benchmarks

L2T

- Prolonged execution of double poling, one step double poling, free skate, one skate, two skate, offset, step turn, parallel side slipping
- Proper technique choice for terrain, refining balance and weight shift and limiting falls during training and racing
- Understands basic race tactics; respects competitors and sets goals
- Maintain energy level and quick recovery from activity

T2T

- Maintain effective technique through entire race
- Fluidly adapt amplitude, rhythm and glide for variety of terrain and conditions
- Structured aerobic, anaerobic and strength training
- Well hydrated throughout workouts; sufficient energy for required workout and quick recovery
- Utilizes training and competition log to analyze training and performances
- Sets SMARTER goals for training
- Follows race plan
- Visualizes positive performances, past and future
- Respects competitors and enforces rules of conduct
- Trains between 300 and 450 hours per year

L2C

- Adaptable to all conditions, courses and scenarios
- Critical of own technique
- Understands training concepts and utilizes appropriate training zones and modes correctly
- Critical of own training and racing and can critique, analyze and identify trends
- Participates in development of competition phase
- Sets SMARTER short term and long terms goals for training and racing
- Adjust diet to meet nutritional requirements
- Systemized recovery plans
- Consistent monitoring;
- Well-developed coping mechanism; positive self-talk
- Understands basic injury treatment
- Completes school and plans for post-graduation options
- Trains between 400 – 650 hours per year

Cost

TA1: \$200

TA2: \$300

JD1: \$600

JD2: \$800

SD1: \$800

SD2: Flexible

Costs cover all elements of [Athlete Support](#) as outlined below. Equipment, team clothing, race registration, accommodation, transportation, and meal expenses are additional.

ATHLETE SUPPORT

TA, JD and SD athletes receive the following support:

Team Training

Athletes are able to attend all coach-directed team training sessions as outlined in their respective program schedule.

Race Support

Athletes will receive race support at events outlined in the [2022-23 Training Camp and Competition Schedule](#).

Training Camps

All RNRT athletes (TA+JD) will have two training camps in 2022:

- Summer Volume Camp: August 9th – 13th, 2022
- Holiday Camp: December 19th – 22nd, 2022

2023 Camps to be announced in Spring 2023.

Ski Fleet Evaluation

The Head Coach will evaluate skis using the ski beam and provide recommendations on ski selection.

Team Equipment

Use of team equipment, in particular, skate rollerskis for TA athletes and classic rollerskis for first year JD1 athletes.

JD and SD athletes receive the following support:

Functional Movement Screenings

Athletes in both the JD and SD programs will have the opportunity to undergo a Functional Movement Screening administered by Fraser Springs and the Head Coach at Keystone Physiotherapy. Results of the screening will be compiled to create a supplementary training program to be completed by athletes. Fraser will lead an on-site follow-up to review results and provide proper instruction on exercises.

Training Plans

Athletes in JD2 and SD will have the opportunity to use the online training log app, [Training Peaks](#), administered by the Head Coach. JD2 and SD athletes will need personal email accounts.

Strength Training

From May until December, Athletes in both the JD2 and SD programs will have weekly strength sessions at TransCanada fitness.

Exercise Physiologist

The Head Coach will consult with exercise physiologist, Jessica Kryski, as needed throughout the season.

Athlete Meetings

All JD and SD athletes will have regular individual meetings with the Head Coach.

COACHES**Head Coach**

Zach Hill

TA Coaches

Chad Smith

Bruce Granstrom

Brendan MacIntosh
Marnie Graf
Pat McMechan

JD Coaches

Maja Jacob
Rory Luxmoore
Robyn Thomas
Ann-Marie Gill
Mandy Kellner

Schedule

Times approximate – subject to change

May-June (Dryland+Strength)

JD2: 2-3 Sessions/Week

July-August (Dryland+Strength)

JD1: 1-2 Sessions/Week

JD2: 4+ Sessions/Week

TA: Periodic

September-November(Dryland/Snow+Strength)

JD: 4+ Sessions/Week

Tuesday/Wednesday/Thursday: 4:00-6:00pm

Saturday: 9:00-11:00

TA2: 3 Sessions/Week

Tuesday/Thursday: 4:00-5:30pm

Saturday: 9:00-11:00

November-March(On Snow+Strength)

JD: 4+ Sessions/Week

Tuesday/Wednesday/Thursday: 5:00-7:00pm

Saturday: 12:00-2:00 (Subject to Change)

TA: 3 Sessions/Week

Tuesday/Thursday: 4:00-6:00pm

Saturday: 9:30-11:30 (Subject to Change)



EQUIPMENT

DRYLAND

Track Attack 2 participating in dryland in the fall will participate in a variety of activities including, running, strength, games, pole striding and skate rollerskiing. Skate rollerskis are available for TA athletes to borrow on a day by day basis. Skate boots are highly recommended for skate rollerskiing, combi boots often lack the support required on the narrower wheel base on rollerskis.

JD will both classic and skate rollerski. Classic rollerskis are available for loan to JD1 athletes on a day by day basis.

Helmets and high visibility clothing are required for rollerskiing, where we are sometimes rollerskiing on the roads. This means bright - think neon - highly visible colors that stand out to drivers. This is for your safety. The club has some vests that can fit over your clothing available for loan. An electric flashing light that clips on to your helmet is highly recommended to improve your visibility to drivers.

- Runners
- Water belt and/or running vest/camelbak
- During and post-training snack
- Headlamp
- Eye protection
- Appropriate workout attire
- Helmet

- Reflective vest and or high viz clothing
- Reflective helmet light
- Striding poles (5-10cm shorter than classic)
- Skate roller skis (provided for TA2)
- Skate poles with roller ski tips (measured to upper lip with ski boots on)
- Classic roller skis (provided for first-year JD1)
- Classic poles with roller ski tips (measured to bottom of relaxed shoulder with ski boots on)
- Skate and classic (JD and SD) or skate (TA2) boots
- Heart rate monitor (JD2 and SD)

ON-SNOW

- Water belt
- During training and post-training snack
- Headlamp
- Eye protection
- Appropriate workout attire
- Skate skis (5 – 15 cm taller than athlete; appropriate weight range)
- Skate poles (measured to upper lip with ski boots on)
- Classic skis (10 – 20+ cm taller than athlete; appropriate weight range)
- Classic poles (measured to bottom of relaxed shoulder with ski boots on)
- Skate and classic (JD2 and SD) or combi (TA and JD1) boots
- Heart rate monitor (JD2 and SD)

WAX KIT

Glide waxing your skis is an important part of maintaining your equipment. Each athlete is also responsible for grip waxing their skis **prior** to practice on classic ski days. Having a selection of klister and grip waxes (as well as a piece of 100grit sandpaper) on hand for changing conditions is recommended.

Each athlete should have the following as part of their personal wax kit:

Glide

- Range of non fluoro (NF) glide waxes (-20 to +10)
- Wax iron
- Scraper and groove sharpener
- Bronze-nylon combi brush

Grip

- Range of grip wax (-20 to +3)
- Universal-style (+/- 0) and red (+) klister
- Cork

- Wax remover
- Angled scraper / klister paddle
- Paper towel / scrub pad

CCBC's glide waxing policy for 2022-2023 can be found [here](#).

For at home glide waxing, any NF wax is fine, you need not use approved CCBC waxes for every-day use as long as the wax you are using is NF and you are not frequently using your scrapers and brushes with fluorinated waxes. Scrapers and brushes can be cleaned using wax remover (scrapers) and a shop vac (brushes). For those racing in FIS level races this winter where the use of fluorinated waxes is permitted, we will have a recommended cleaning policy for your skis after the races.

Glide waxing your skis with a hot wax and iron once a week to maintain them is highly recommended, as well as following races. If you will not use your skis for an extended period of time, storing them with a layer of unscraped wax is the best way to keep the bases in top shape.

Local Discounts

Please contact the Head Coach if you have questions about purchasing new equipment and finding the correct fit for your athlete.

Flowt:

Race Team: 25% off early/initial equipment orders in October; 25% off wax and tuning equipment; 10% off hard goods and clothing

Skookum:

Race Team: 25% off for all Nordic gear for all race team athletes

All season: 15% off all Nordic gear for anyone enrolled in RNSC programs

Stussi:

Race Team: 12% off new equipment at Team Day on October 16th, at 1pm. Stussi is also handling pre-season orders of Fischer and Swix equipment moving forward.

The Head Coach will be available to assist with equipment selection upon request.

TEAM CLOTHING

The RNRT will have the following team clothing available for purchase through an online store with [Jakroo](#):

- Warm Up Jackets
- Warm Up Pants
- Puffy Jacket
- 1 Piece Race Suit
- Race Tops
- Race Bottoms
- Hats and Headbands

Athletes will be notified when the online store will be available to place orders. The online store will remain open all season, however the bulk order closing date will be **Oct 20th**. All orders placed prior to **October 20th** will be shipped in bulk and distributed to athletes. Skiers and families will be able to order race team clothing beyond October 13, but prices may increase.

Flowt and Skookum have partnered to sponsor 20% of the cost for all warm-up and race suit purchases (not hats/headbands, etc) on early orders. Please support them with your business this winter like they support us.

Summer training t-shirts and socks will be available for the 2022 dryland season

There is no requirement to purchase any team gear.



RACING

SCHEDULE

The [Training Camp & Competition Schedule](#) outlines events that RNRT will be supporting in some capacity. This is not an exhaustive list of events for the season. Families are encouraged to participate in other events (e.g., Kootenay Cups, Huckleberry Loppet), if they fit more appropriately in their schedule. Contact the Head Coach if you would like to borrow team wax equipment for an event. The following links provide a complete provincial and national event calendar:

[Cross Country BC](#)

[Nordic Canada](#)

ACCOMMODATIONS

Please see [2022-23 Accommodations](#) for information on arrangements for this season's race team accommodations. There is no obligation to stay with the team, however all team activities will be centered around team accommodation (e.g., team meetings, potlucks, rides, etc.). Unless otherwise specified in accommodation information, please contact Natalie MacLeod for further information regarding accommodations.

TRANSPORTATION

Travel to races will be in personal vehicles. Please contact the Head Coach if you would like to arrange specific transportation for any events. Our Team Whatsapp group may also be useful for arranging carpools.

SKI PREPARATION

Athletes should attend races having applied a non fluoro (NF) glide wax, have **clean and well-marked grip zones and have skis labeled with the athlete's name**. The Head Coach will provide a glide wax recommendation 2-3 days prior to the event. All remaining glide and grip wax applications and base structuring will be applied at the event. In general, race wax applications are covered by our program fees, there may be an additional charge at National level races such as Canada Cups and Nationals that will be communicated ahead of time. There will be a lead wax technician at each event and at minimum one technician per six athletes.

Beginner Wax Clinic Time and Date TBA - November

- For parents looking to learn the fundamentals of grip and glide wax applications, including proper pre-event preparation.

Wax Technician Clinic Time and Date TBA - November

- For parents who understand the fundamentals of grip and glide wax applications and are interested in volunteering as technicians at events.

For individuals looking to further their wax technician training, **CCBC** typically hosts an in-person wax technician training typically in November.

REGISTRATION

Athletes are required to register for their races individually as members of “Revelstoke Nordic”. It is customary that athletes must register and pay to participate in relay races as part of the individual registration form, however the Head Coach will be responsible for assigning and registering specific relay teams.

Race Notices and registration information will be sent to athletes as they become available.

AGE CATEGORIES 2022-2023

Category	2022-2023 Season Birth Year
U8	2015-2016
U10	2013-2014
U12	2011-2012
U14	2009-2010
U16	2007-2008
U18	2005-2006
U20	2003-2004
U23	2000-2002
Senior	2002+Earlier
Master	1992+Earlier

RACING LICENSES

[Nordiq Canada Racing Licenses](#) are required for athletes born in 2010 or earlier who intend on competing in BC Cups, Western Championships, Canada Cups and National Championships. When completing your license application, you will need the following information:

Head Coach NCCP Level: L2C
NCCP Number: 6484006
Club Official: Mike Thomas

International Ski Federation (FIS) licenses are required for athletes intending to compete in internationally sanctioned competitions or earn FIS points in the Open category at Canada Cups, Trials, and Nationals. A NC Racing License is required. You must purchase your FIS License when you purchase your NC Racing License. If you are considering a FIS License please contact the Head Coach.

CANADA POINTS LIST

Points are awarded when licensed athletes compete in NC or FIS sanctioned events (e.g., BC Cup or higher-level events; not Okanagan Cups). The [Canada Points List](#) (CPL) publications will be generated for both distance and sprint events.

The CPL is used for provincial (BC Development Squad and BC Ski Team; not BC Talent Squad) and national team selections, eligibility for CSI-Pacific Athlete Carding.

Since point calculations are based on a reference factor of the fastest two skiers in a category, there is the potential for younger athletes to earn greater points by competing in an older category. Athletes and parents should not concern themselves with “chasing points” or “racing up” unless specifically instructed by Head Coach.

PROVINCIAL TEAMS

There are three tiers of provincial team programs:

- BC Talent Squad, ages 13 to 15
- BC Development Squad, ages 14 – 17
- BC Ski Team, ages 16+

For more information on the provincial team programs, including camp / trip schedule, selection criteria, nominations and external course credits, visit: [Provincial Team Programs](#).

The Head Coach will be responsible for any required applications, including Force Majeure, to provincial teams.

Fundraising

All RNRT families are required to commit to the following fundraising requirements:

- **Save-On Cards:** purchase of \$2000 worth of Save-On Cards OR an opt-out cheque of \$120 (equal to per athlete fundraiser value). Sophie Kirwan will coordinate the sale of Save-On Cards this year for Race Team families.
- **Bottle Drive:** The Bottle Drive will be on September 24th this year. Your personal bottles and cans can also be dropped off at the Bottle Depot under “Account 19”
Contact Rob and Sylvia to volunteer: serrouya@ualberta.ca; woody_syl@hotmail.com
- **Firewood Fundraiser:** participation in **Firewood Fundraiser on Saturday October 8th, 2022**. Rory Luxmoore coordinates our Firewood Fundraiser.

These fundraisers are revenue streams within our Ski League budget (e.g., they cover coaching wages, team equipment, coach training, etc.). Other fundraising opportunities may arise (e.g., Ski Nationals) which do not necessarily contribute directly to Ski League revenue.



Volunteer Opportunities

The Revelstoke Nordic Race Team wouldn't function without many dedicated volunteers. Opportunities to volunteer specifically associated with the Race Team include:

- Coaching
- Waxing
- Race Support (bib pickup, start line, on-course, meal arrangements, etc.)
- Organizing Accommodations
- Fundraising (Save-On Cards, Bottle Drive, Firewood)
- Clothing
- Sponsorships
- Grants
- Events (Regional Camps)

- Athlete Development Committee

Additionally, there are many opportunities to volunteer within the broader Ski League and the Revelstoke Nordic Ski Club:

- Coaching
- Club races and events
- Grooming
- Trail work
- Membership
- Board and subcommittees

Coaching

Revelstoke Nordic will support individuals interested in pursuing coach or officials' training. You can find more detailed information regarding coach development on the [Cross Country BC](#) website. The first steps are delivered [online](#), including the Intro to Community Coaching. Following the ICC course, you are eligible to attend the in-person Community Coaching course we are hosting at our Club in November. The coaching courses are an excellent place to start learning more about the sport, increase your own ski & coaching skills, and get involved with our youth programming. Let the Head Coach know if you are interested in more information. We follow the National Coaching Certification Program.

We will be hosting a **Community Coaching Workshop on November 25th – 27th**. For more information on coach and official training, contact the Head Coach or visit:

[National Coaching Certification Program](#)

[Officials Development](#) (note: the Level 1 is now a [free online certification](#))

SUPPORTING DOCUMENTS

Athlete and Parent Agreement

REVELSTOKE NORDIC RACE TEAM

Athlete and Parent Agreement

The Athlete and Parent Agreement outlines the expectations that the Revelstoke Nordic Race Team has for its athletes and their parents. Athletes are held accountable to the rules and regulations of our sport governing bodies, Cross Country British Columbia and Nordiq Canada. Athletes are ambassadors of the Revelstoke Nordic Ski Club and are held to the highest standard of behavior at all times.

Athletes agree to:

- Represent the RNSC and the sport of cross-country skiing in a positive, dignified and responsible manner.
- Maintain respect and consideration toward the public, coaches, administrators, volunteers, officials, parents and other athletes.
- Compete to the best of their ability in a sportsmanlike manner.
- Uphold a positive attitude toward team members and oneself, and contribute positively to team spirit.
- Participate, where possible, in team functions including training sessions, camps, courses, fundraisers and competitions as requested by coaches.
- Come prepared to training and competitions, including functional skiing equipment and attire, change of clothes, watch or heart rate monitor, nutrition, hydration and a positive attitude.
- Be responsible for the maintenance and care of their own equipment at training and competition (aside from race waxing at specific competitions).
- Treat with respect any equipment borrowed from the RNSC and replace it if damaged or lost. Treat personal, team members' and coaches' equipment with the same respect.
- Treat with respect RNSC facilities and facilities when visiting other clubs.
- Maintain clear and dependable communication with coaches, parents and other athletes.

Parents / Guardians agree to:

- Represent the RNSC and the sport of cross-country skiing in a positive, dignified, responsible and respectful manner.
- Maintain respect and consideration toward the public, coaches, administrators, volunteers, officials, other parents and athletes.

- Abide by the rules of competition.
- Ensure that children under 16 years of age are accompanied by an adult on any out of town event with the RNSC.
- Ensure that their child has suitable accommodation arranged and finances available when attending an event with the RNSC.
- Support athletes with training and competition by being punctual, communicating in a timely fashion and ensuring athletes are appropriately equipped.
- Support the coaches by providing respectful feedback in private, rather than in public.
- Provide a safe environment for transporting athletes to and from RNSC events.
- Meet RNSC volunteer commitments.

We have read the Athlete and Parent Agreement, we understand the content and agree to the terms:

Athlete Name: _____ *Signature:* _____

Parent Name: _____ *Signature:* _____

Date: _____

2022-23 TRAINING CAMP & COMPETITION SCHEDULE

REVELSTOKE NORDIC RACE TEAM

2022-23 Competition Schedule

Revelstoke Race

Date	Event	Location	Athletes	Notes
July 18-24	Nordiq Canada Prospects Camp	Revelstoke	U16+	We'll do some combined workouts with the NC Camp
July 28-Aug 1	Telemark Manning Park Camp	EC Manning Provincial Park	U14+	Need to confirm your attendance with Zach
Aug 8-13	Revelstoke Volume Camp	Revelstoke	U12+	Adventures around Revelstoke
Aug 22-29	Foothills Nordic/BC Dev Squad Camp	Revelstoke	U16+	Combined workouts with Foothills and BCDS
Sep TBD	Fall Okanagan Regional Camp	Telemark		
Sep 30-Oct1	Fall Revelstoke Camp	Begbie Falls	All	JD+TA
Oct 27-30	Frozen Thunder	Canmore, AB	U16+	Check in with Zach if you're interested in this opportunity
Nov 10-11	Teck Regional On Snow Camp	Sovereign Lake Nordic, Vernon	U12+	
Dec 3-4	Canada Cup	Sovereign Lake Nordic, Vernon	U14+	U16 and Up Categories (2009s can race in U16 Category)
Dec 9-10	Alberta Cup 1	Canmore, AB	U12+	A great early season race everyone with relatively easy travel
Dec 17	OK Cup 1	Revelstoke, BC	All	Great, fun early race experience for U10 and up!
Jan 7-8	BC Cup 1/Canada Winter Games Trials	Whistler, BC	U12+	Classic Sprint, Interval Start Skate
Jan 15	OK Cup 2	Kamloops, BC	U8+	This race will likely start at 11 or 12 allowing people to get to the race and back without overnight
Jan 18-21	World Junior Trials	Prince George, BC	U18+	Classic Sprint, Interval Start Skate, Classic Mass Start
Jan 28-29	Track Attack Champs	Larch Hills	2013-2010	

Feb 3-5	Western Canadian Championships	Kimberley, BC	U10+	Racers from BC, Yukon, Alberta and SK.
Feb 18-19	BC Cup 2	Revelstoke, BC	All	Skate Sprint, Classic Mass Start
Feb 27-March 5	Canada Winter Games	Charlottetown, PEI	U18-20	
March 3-5	BC Champs	Telemark, Kelowna BC	All	Interval Classic, Skate Mass, Classic Relay
March 10-19	Ski Nationals	Thunder Bay, ON	U16+	See below for Nationals Schedule
March 23-26	BC Winter Games	Sovereign Lake Nordic, Vernon	2007-2008	

Age Appropriate Race Program by Age Group:

Please keep in mind that these programs are just suggestions and racing in any capacity is not required, nor is completing the whole program. If you have any questions about which races your athlete should plan to attend please contact the Head Coach.

U18+

Dec 3-4 – Canada Cup (Sovereign Lakes)
Dec 9-10 – Alberta Cup (Canmore)
Dec 17 – Okanagan Cup (Revelstoke)
Jan 7-8 – BC Cup 1 (Whistler)
Jan 18-21 – Trials (Prince George)
Feb 3-5 – Westerns (Kimberley)
Feb 18-19 – BC Cup 2 (Revelstoke)
March 3-5 Canada Games or BC Champs
March 10-19 – Nationals
Spring Break – TBD

U16

Dec 3-4 – Canada Cup (Sovereign Lakes)
Dec 9-10 – Alberta Cup (Canmore)
Dec 17 – Okanagan Cup (Revelstoke)
Jan 7-8 – BC Cup 1 (Whistler)
Jan 15 – Okanagan Cup (Kamloops)
Feb 3-5 – Westerns (Kimberley)
Feb 18-19 – BC Cup 2 (Revelstoke)
March 3-5 BC Champs (Telemark)
March 10-19 – Nationals

March 23-26 – BCWG (Those qualified)

U14

Dec 3-4 – Canada Cup (Sovereign Lakes) OK for 2009 – OR Alberta Cup

Dec 9-10 – Alberta Cup (Canmore)

Dec 17 – Okanagan Cup (Revelstoke)

Jan 7-8 – BC Cup 1 (Whistler)

Jan 15 – Okanagan Cup (Kamloops)

Jan 28-29 – Track Attack Champs (Larch Hills) – 2010 and younger only

Feb 3-5 – Westerns (Kimberley)

Feb 18-19 – BC Cup 2 (Revelstoke)

March 3-5 BC Champs (Telemark)

U12

Dec 17 – Okanagan Cup (Revelstoke)

Jan 7-8 – Okanagan Cup (Kamloops)

Jan 28-29 – Track Attack Champs (Larch Hills) – 2010 and younger only

Feb 3-5 – Westerns (Kimberley)

Feb 18-19 – BC Cup 2 (Revelstoke)

March 3-5 BC Champs (Telemark)

U10 and under

Dec 17 – Okanagan Cup (Revelstoke)

Jan 15 – Okanagan Cup (Kamloops)

Jan 28-29 – Track Attack Champs (Larch Hills) – 2010 and younger only

Feb 18-19 – BC Cup 2 (Revelstoke)

March 3-5 BC Champs (Telemark)

Race Accommodations 2022-2023

Please note: All rooms not picked up by the dates listed within the booking details will be released back into the hotel's general inventory. Reservations will then be based on availability and at the best available rate. **Accommodations are not reserved until individuals call in with a credit card.**

If you have any questions regarding accommodation please email Natalie or Eleanor depending on who did the booking.

Oct 27-30	Frozen Thunder	Canmore, AB	Natalie
Dec 3-4	Western Canada Cup	Vernon, BC	Natalie
Dec 10-11	Alberta Cup	Canmore, AB	Natalie
Dec 17	Teck OKanagan Cup #1	Revelstoke, BC	(n/a)
Jan 7-8	BC Cup #1/Canada Winter Games Trials	Whistler, BC	Eleanor
Jan 15	Teck OKanagan Cup #2	Kamloops, BC	(n/a)
Jan 18-21	World Junior Trials	Prince George	Eleanor
Jan 28-29	Track Attack Champs	Salmon Arm	Natalie
Feb 3-5	Westerns	Kimberly, BC	Natalie
Feb 18-19	BC Cup #2	Revelstoke, BC	(n/a)
Mar 3-5	BC Champs	Kelowna, BC	Natalie
Mar 11-19	Nationals	Thunder Bay, ON	Natalie

October 27-30: Frozen Thunder@ Canmore (Natalie)

Base Camp Resorts, Canmore

<https://www.basecampresorts.com/revelstokeresorts>

One 3 bedroom +Bunk bed with a 15% discount \$285.00+TAX per night. Totalling at \$1158.86 including Tax for the full stay.

Booked on Natalie's credit card. Participating athletes will pay Natalie 30 days prior to check-in (this is when I get charged the full amount). Amounts owing will be sorted once we know the number of athletes attending.

December 3-4: Western Canada Cup 1 @ Sovereign Lake

(Natalie)

(check in Dec. 2, check out Dec. 4)

Fairfield Marriott, Vernon

Fairfield Marriott

5300 Anderson Way
Vernon, BC
250-260-7829

Ashley Olsen 778-475-8064

- 10 standard rooms with 2 queen beds **\$139/night plus tax.** - up from \$115 last year :(
- Pool, waterslide (weather dependent, must be above -1), hot tub
- Breakfast included
- Mini fridge in each room, microwave in lobby

Unfortunately no pet-friendly rooms.

Cancellation policy for this booking is 7 days prior to arrival. *Call to book by November 1st.*

OR Pinnacles, Silver Star (with a late race date change these were the only units I could get at Pinnacles but individuals are welcome to book elsewhere at Silver Star)

Peaks 2 <https://pinnacles.com/accommodation/the-peaks-townhome-2>. &
The Cabin (<https://pinnacles.com/accommodation/the-cabin>)

available over those dates. I can offer your group a 15% discount off the Early Season rate for these three suites and can let you know if the other group releases any of the other suites they currently have.

Anyone keen on staying at Pinnacles should email Natalie by Sept. 23 so we can sort out units and avoid the additional tax (see below from the Pinnacles). I could not get enough units for the whole team so it will be first-come, first-serve.

We are emailing you to inform you of an upcoming additional tax that will be added to your winter 2022/23 booking by October 1st, 2022. This is a government tax, MRDT, charged to almost all accommodation rentals in the province and has not been present on Silver Star Mountain up until this point. It has been requested and approved by our local Silver Star Resort Association and is required by the government to be added to all bookings by October 1st. It will add 3% to the subtotal of your booking.

As per a Provincial Sales Tax Bulletin, if you would like to avoid being charged this additional 3%, you can reply to this email with approval to process your full remaining payment prior to October 1st, 2022. Please check your confirmation email sent to you at the time we processed your deposit payment to find out what this remaining payment is.

If we do not receive approval to process your final payment in advance of October 1st, the 3% increase will be automatically added to your booking total and will be processed at the 30 day prior mark as is our regular process.

December 10-11: Alberta Cup @ Canmore (Natalie)

(check in Dec 9, check out Dec 11)

BaseCamp Resorts, Canmore

<https://www.basecampresorts.com/canmoreresorts>

1 one-bedroom unit @ \$145 plus tax per night
4 two-bedroom units @ \$155 plus tax per night
3 three-bedroom units @ \$201 plus tax/night
1 three-bedroom plus bunk unit @ \$239 plus tax/night

Full kitchen, Outdoor hot tub

Use the link above and the promo code: REVYSKI to book by Nov. 9th.

Credit card will be charged in full 30 days prior (this is part of the group rate deal)
Cancellation policy 72 hours (it says the cancellation policy is 30 days when you book online but an exception has been made for us, hopefully no one has to cancel)

Jan 7-8 (arriving 6th): BC Cup #1/Canada Games Trials @ Whistler (Eleanor)

Deadline to book is December 1st.
Whistler Athlete Centre
1080 Legacy Way, Whistler, BC V8E 0K3

We have 15 Standard Rooms (two twin-size beds): \$246.50 (taxes and resort fees included) per room for two nights.
Add food costs in (\$74 per person for the weekend, including taxes).

Total amount due when booking a room (with food) for two people is \$394.50.

WAC has generously given us a 15% discount. Please show your appreciation when you are there! :)

- This includes breakfast and dinner. (No Lunch)
- Please advise on dietary needs when you book.

To book a room:

1)Email revyeleanor@gmail.com and let Eleanor know how many rooms you are booking and the names of the occupants. Eleanor will let you know if there is space.

2) Once you know you have a room, send payment for the total cost per room (\$246.50) by e-transfer to:

accounts@revelstokenordic.org

If you cannot e-transfer, please email the same account and ask Brendan for an alternative.

This booking is first-come-first-served. Space is limited - don't wait for the deadline of December 1st to book.

Cancellations must be made before December 1st by contacting Eleanor.

If you have any particulars that you need communicated to WAC, let Eleanor know. Do not contact WAC individually (their request).

Jan 15 - Okanagan Cup - Kamloops

No group booking made. Suggestion is to stay at Fairfield Marriott if people want to spend the night before in Kamloops so you can all be at the same place. Rates include breakfast and you earn Marriott Bonvoy points. If you haven't signed up for Bonvoy yet - you should! You can get free hotel stays as you collect points, do mobile check-in etc.

Jan 18-21st: Junior Trials @ Prince George (Eleanor)

(Check-in on the 16th, check out the 22nd)

Book by November 30, 2022 (the rooms are released to the public after this point that have not been allocated).

7 day cancellation policy.

Prestige Treasure Cove Hotel

https://www.bestwestern.com/en_US/book/hotels-in-prince-george/prestige-treasure-cove-resort-bw-premier-collection/propertyCode.62144.html

Chandra Matlock

Pronouns: She/Her/Hers

Director of Sales & Marketing

Prestige Hotels & Resorts, West Coast Hospitality Group

2005 Hwy 97 S, Prince George BC V2N 7A3

p: 250.562.7922 ext. 102

e: CMatlock@PrestigeHotels.ca

10 rooms

6 standard two queen rooms at \$129 (plus taxes) per night

4 executive two queen suites with full kitchen (as per requested so athletes can cook) at \$159 (plus taxes) per night

These rooms are brand new (built in 2020) in our premium wing and come with a full kitchen,

two queen beds, full wardrobe, executive working space, glass walk-in shower and soaker tub, and dining area.

Resort Amenities

We are a full amenity resort, which offers 3 dining choices, a Second Cup café in our lobby, multiple meeting spaces, a water slide with pool and hot tub, and many other conveniences.

Note: we will be offering breakfast 5 days a week, starting this month, and we also offer catering options for groups of 10 or more people. Please let us know if you would like to dine in the Private Dining Room and be provided a group sports menu.

Reservations

Here is the booking link : <https://tinyurl.com/55khmnv9>

Note: If you want different dates than the group booking, edit dates before selecting the room so that you get the group rate.

Jan. 28,29 : TA Champs @ Larch Hills (Natalie)

(check in Jan. 27, check out Jan. 29)

Comfort Inn

Jill Powers

cisa@shaw.ca

250-832-7711

GROUP CONFIRMATION NUMBER 4428180

CHECK IN 4:00pm CHECK OUT: Noon

10 - Traditional Rooms (2 queen beds): \$109.00 plus taxes per night with up to 2 adults and 2 children 17 years and younger \$10.00 for each additional adult with a maximum of 4 people.

Each room has a fridge, microwave, coffee maker, blow dryer, full size iron and ironing board, 46 inch TV, free internet access.

Hot and cold breakfast from 6:30am – 9:30am. The pool and water slide are open. Hot tub is currently closed.

Cancellation policy: 24 hours.

Please have your team members call in with the Group Confirmation Number to pick up a room by December 28, 2022. Any rooms not picked up by December 28, 2022 will be cancelled.

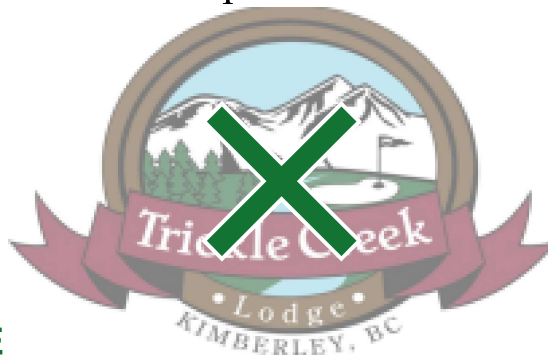
Feb. 3-5: Westerns @ Kimberley (Natalie)

(check in Feb. 2, check out Feb. 5)

www.tricklecreeklodge.com

Accommodation Rates and Rooming Details A block of rooms are held till **Jan 2, 2023**, after this date you may still receive the discounted rates below but it will be booked strictly based on availability. A major credit card is required to reserve a room, and there is a seven (7) day cancellation policy.

For reservations please call:



1-877-282-1200 E

xt. 2

All guests must call the above number and **QUOTE** that you are part of the:

Revelstoke Nordic Ski Club

Feb 2-5, 2023

If you do not quote the above name, you will not receive the discounted rate. *Rates*

below are valid up to 2 nights before or after the above event dates.

Trickle Creek Lodge

2-Studio Suites \$165 + 15% tax per room per night (max occupancy 4pple)

4-One Bedroom Suites \$175 + 15% tax per room per night (max occupancy 4pple) 4-Two

Bedroom Suites \$220 + 15% tax per room per night (max occupancy 6pple)

Please note that if your group wants to have more than the preferred occupancy in a room an extra \$20 per head + taxes will be applied to that room rate.

All suites are fully equipped condo style, with a fully equipped kitchen, living room, dining room, fireplace, balcony, free WIFI, free underground parking, 24 hour fitness facility, heated out door pool, 2 hot tubs and an on-resort restaurants for breakfast, lunch and dinner. Check in 4pm,

Check out 11am

Trickle Creek Lodge is pet friendly, *fees apply*.

Mar 3-5: BC Champs @ Telemark (Natalie)

(check in Mar. 2, check out Mar. 5)

Towneplace Suites by Marriott

778-754-4888

https://www.marriott.com/en-us/hotels/ylwwk-towneplace-suites-west-kelowna/overview/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2&y_source=1_MjM2MDcwODAtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D

14 rooms Studio Queen/Queen Bed, Mountain View \$145/night

4 One Bedroom Suites, with King Bed, pull out sofa bed (single), Mountain View 165/night

Included in the above rates, guests will have access to our daily deluxe continental breakfast buffet. Breakfast includes freshly brewed coffee, tea, and juices. Whole fruit, along with a selection of cold cereals and hot oatmeal, with all the accompaniments. In addition, pancakes or waffles, an egg and protein dish, with a selection of toast, bagels and muffins. Breakfast is served daily from 6:30am to 10:00am. We will determine a set time for the group to have breakfast closer to the date of group arrival.

All rooms have a kitchenette (stove top, microwave oven, full fridge). Hot tub, pool, waterslide (limited hours).

72 h cancellation policy.

Please have the guests either book online via the booking link provided or call the hotel directly at 778.754.4888 on or before February 3rd 2023. Please advise the guests to identify themselves as part of the Revelstoke Nordic Ski. (The dates automatically pop up as checking out the Monday - just change it manually to the Sunday).

[**Book your group rate for Revelstoke Nordics**](#)

Mar 11-19: Nationals @ Thunder Bay

(Check in March 8, Check out March 20- 12 nights)

Towneplace Suites by Marriott

https://www.marriott.com/en-us/hotels/yqtts-towneplace-suites-thunder-bay/overview/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2&y_source=1_NDIyOTY3Ny03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D

807-346-9000 (dealt with Conan)

- Right by the superstore
- 30 min drive to Lappe Ski Centre
- Laundry services in house - ground floor behind front desk, 3 loonies for wash and 3 loonies for dryer, room open 24-7

- No ovens
- Pool and small jacuzzi 9am - 10pm

5 double queen rooms reserved - \$179/night

5 king rooms, with a pull-out - \$179/night

1 bedroom suites - none available at all

2 bedroom suites (only 2 on property) - king or queen bed in each room - both become available starting on the 13th and I have reserved them for our group - \$356.10 plus taxes

Call hotel directly to book - group block is under Revelstoke Nordic Ski Club (no specific cut off but sooner is better so I can release rooms we don't need - Maya and Wes are looking for rooms as well so it would be nice to let them know asap)

Cancellation Policy 24 hours