



# Thanksgiving Camp in Canada

As of 10/04/2018

## Silver Star Camp Information

Our annual fall travel camp is once again near Vernon, BC where we'll be skiing at Silver Star Resort and Sovereign Lakes Nordic. It's easy, drive north on 97 for a while and then turn right. We'll leave MBSEF at 7am on November 17<sup>th</sup> and return on November 24<sup>th</sup> in the evening. Registration is open at [mbsef.org](http://mbsef.org) under Events. We are leaving and returning a day earlier this year so you can have a day off before school.



## Who Can Attend

Thanksgiving camp is a great opportunity for skiers to be immersed in skiing for a week. We have time to review video, prepare skis, do goal setting, train twice a day without driving, train with skiers from other clubs, do chores around the houses, and eat well. No one misses video to run off to another event, they hang together in the hot tub, we'll have up to 200km of skiing available, we hopefully get access to free lift rides so we can learn and play on the downhill. We'll probably do the PNSA headlamp relay one evening, we'll have a great Thanksgiving Dinner, we'll ski a bit on a World Cup course, we ski as long as we can before Thanksgiving dinner, and we'll sleep a lot.

Any and all MBSEF U16 and older skiers are welcome to come. We do take some younger skiers who are ready to travel with the group. One way some families do it is to send the skier with the team as a first travel experience and to follow along and have a skiing vacation. I think it's safe to say the parents love a block of just skiing a lot. It's also always surprising to me the number of US skiers hanging out Bugaboos Cafe in the afternoons.

## Housing

We have two houses at:

- 325 Silver Queen Road and
- 145 Silver Queen Drive.

We will wax in our new trailer and maybe in one of the houses. We have more beds and more room than last year.

Some will share beds. If you can't share a bed, bring a sleeping bag and pad.

If you are traveling to Silver Star as a family check out [ownerdirect.com](http://ownerdirect.com). It's a Canadian VRBO like site with prices in Canadian dollars. I found it a good amount cheaper and it had all the same homes listed on VRBO and Air Bnb.

## Passports Please

FIRST OF ALL, CANADA REQUIRES A PASSPORT. YOU HAVE TIME FOR THE 30 DAY PROCESSING IF YOU START NOW. Another is a Nexus card which is cheaper but only good for the US and Canada. I think kids under a certain age only need an original birth certificate. We took a 16 year old up this past August for a camp with a birth certificate. Call me if you have issues and want to go.

## Food:

We'll bring food and we will all help cook and clean. If you would like to pre-make and freeze something that we take along, please do, it helps, especially on the first day or two. We will bring our food from here. We've never had customs problems with food going to Canada. We have had issues with citrus coming into the US.

If there are special food needs let the coaches know.



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## Trail Passes

Trail passes are included in the trip costs. We will have "Dual Area Passes" that are good for Silver Star and the trails at Sovereign Lakes Nordic

## Cost

\$600 for MBSEF skiers. This covers transportation, housing, trail passes, food in Silver Star, coaching, waxing, etc. You need food or money for our travel days and spending money while there.

## Thanksgiving Dinner

We'll have another great Thanksgiving dinner that will include all our families and probably a few stray friends. We will have dinner again the in basement of the Sovereign Lakes Nordic Center. The skiers will cook and families will bring food. Canada's Thanksgiving is earlier in the year. You won't find a turkey in the stores there so bring it is you want to prepare one. The skiers will prepare 2 turkeys once again.

If you were there last year and you think we needed something for Thanksgiving Dinner, let me know.

## Training

We'll ski Sunday through Friday. Early Saturday we'll drive home.

- Sunday am: Distance skate with some agility if possible
- Sunday pm: Classic Ski with technique and video
- Monday am:
- Monday pm:
- Tuesday am:
- Tuesday pm:
- Wednesday am:
- Wednesday pm:
- Thursday am: Over distance ski.
- Thursday pm: Turkey Bowl
- Friday am: Time Trial
- Friday pm: Distance Ski

## Coaches

There will be 3-4 coaches along.

Dan 541-350-9126  
Kelly, 541-280-4969  
Emma, 541-420-3470

I know some families will go. I'll create a group text for the week.

If there are any special needs especially for eating or medications let me know.

Thanks,

Dan

Dan Simoneau  
Nordic Program Direct Director  
MBSEF  
541-350-9126