2025 CCS/CCSAM FALL DRYLAND CAMP – MOOSE MOUNTAIN PROVINCIAL PARK, SK

October 3-5, 2025

Location: Kenosee Lake, Moose Mountain Provincial Park, SK

Head Coach: Andrew Brisbin, 306-281-3423, ccshpcoach@gmail.com

~13 coaches from across both provinces will be coaching at the camp, as well as Nordiq Canada's Coach Development Manager, Stephen Novosad, who will be contributing to the camp in a coach and athlete development capacity.

Registered Coaches

Cheryl Koop	Boundary Trails Nordic
Alex Loeppky	Downtown Nordic
Casey Guenther	Turtle Mountain Nordic Club
Steven Wintoniw	Downtown Nordic
Nathan Maier	Preeceville Nordic
Kenton Frith	Red River Nordic Ski and Biathlon
Murray Carter	Red River Nordic
Geoff Meinert	Saskatoon Nordic
Alison Meinert	Saskatoon Nordic
Scott Brunskill	Regina Ski Club
Mike Hoeppner	Boundary Trails Nordic
James Millar	Regina Ski Club
Andrew Vanden Berg	Boundary Trails Nordic
Andrew Brisbin	Cross Country Saskatchewan

Stephen Novosad	Nordiq Canada

Participants: This training camp is for cross country ski racers in the U12 to U23 categories (2015 YOB and older)

Details: Activities including rollerskiing, ski striding, running, strength exercises, and group games. All activities will occur within a 10 minute drive of Kenosee Lake townsite.

Registration: Will be open on Zone4.ca from Monday, September 8th to Sunday, September 28th, 2025

Camp Fee: The camp fee is $60 per athlete. Participating coaches need to register as well but their registration fee will be set at $0.00.

https://zone4.ca/register.asp?id=39539

The Zone4 registration page is set to go live at 10am on Monday, September 8th.

Accommodation and Food: Meals and accommodation throughout the camp is the responsibility of individual participants to organize.

There will be a group campground

Following the camp, a separate Zone4 link will be sent out to those $7.50 per camp participant, per night (not including coaches)

Some prefer the comfort of a hotel room or cabin.

Kenosee Inn and Cabins is the go-to accommodation in the provincial park: https://kenoseeinn.com/

Although this year this is a conference and a wedding in town, so availability at Kenosee Inn may be tight.

Bear Claw Casino is located outside of the provincial park, about a 10 minute drive from Kenosee lake, and has a family-friendly hotel

https://www.bearclawcasino.ca/stay/

We have booked the Recreation Hall (southwest corner of the Main Beach Parking Lot: Recreation Hall) which will act as a homebase for the training camp. Any camp participants, including those camping, can use the Recreation Hall to hang out indoors to stay dry and warm, change, use the washrooms, eat lunch, fill up on water, etc between 8am and 10pm. No outdoor shoes allowed inside

What to Bring:

- Drink belt or hydration vest
- Training snacks
- Sun protection (hat, sunscreen, lip balm, etc)
- Training clothes for hot to cold, dry to wet weather 5C to 25C (long sleeve, short sleeve, shorts, long pants, Buff, gloves, etc)
- Running shoes (for forest trails)
- Training watch/heart rate monitor (if you own one)
- Skate rollerskiing gear (skate rollerskis, skate boots, skate poles w/ sharp tips, helmet, high visibility short or vest, gloves (high viz clothing and helmets are MANDATORY)
- **For U16 and older** Classic rollerskiing gear (classic rollerskis, classic boots, classic poles w/ sharp tips, helmet, high visibility short or vest, gloves (high viz clothing and helmets are MANDATORY)
- Ski striding poles (10cm shorter than classic poles, i.e. mid-chest height, or classic length)
- Clean, dry indoor shoes for recreation hall
- Towel and swimwear (jump in the lake!)
- Personal items and toiletries
- Positive attitude and lots of enthusiasm!

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If you are staying at the campground, bring your camping gear

Locations within the Park

One really nice part about hosting a training camp in Moose Mountain Provincial Park is how concentrated all of the activity sites are.

The Recreation Hall, southwest of the main beach Kenosee Lake parking lot, will be the homebase for the camp. Recreation Hall



The rollerski locations, outdoor greenspace for group games, ski hiking trailhead, and Kenosee Inn and Cabins are all within a few hundred metres of the Recreation Hall.

The group campground will be the Fish Creek Campground “Loop D” for sites with electricity and Fish Creek Overflow, if you do not require electricity (they are right next to each other). The campground shows up as “Moose Mountain Campground” on Google Maps. We’ll be using Loops A and B at Fish Creek as a one of the rollerski locations during the camp.

https://maps.app.goo.gl/5DLhMuAUKH5jabzD6

That campground has pit toilets, electric outlets in the Loop D sites, but due to shoulder season shut downs, the water in the campgrounds has been turned off. There is a functioning water tap and the north end of the Main

Beach Parking Lot, and the Main Beach Service Centre (washroom building) will have flush toilets and showers this weekend.

The Rec Hall that we have rented will also have a sink and washrooms and will be open from 8am to 10pm throughout the camp.

DRAFT Camp Activity Schedule

**With arrival on Friday, there is an understanding that people will be travelling from a variety of different locations, and different situations to leave early from school and work, so people will be trickling in throughout the evening. If you are able to please arrive ready to rollerski at 5:00pm

Friday, October 3rd
4:00pm to 4:30pm **Arrive in Moose Mountain Provincial Park** **Check in to accommodation** **----------** **5:00pm to 6:30pm** **Skate rollerski agility course at Main Parking Lot** **----------** **6:30pm to 8:00pm** **Supper break** **----------** **8:00pm to 9:00pm** **Icebreaker and Team-building games at Rec Hall**
Saturday, October 4th

9:00am to 11:00am	**Classic rollerski for U16+, Skate rollerskiing and games for younger ages**
11:00am to 12:00pm	**Lunch break**
12:00pm to 12:30pm	**Core strength and stretching at Rec Hall**
12:30pm to 1:30pm	**Presentation and activity at Rec Hall on race warm up race plan**
2:00pm to 4:00pm	**Ski hiking/ trail running with a mix of ski striding speed**
4:00pm to 6:00pm	**Supper break**
6:30pm to 8:30pm	**Evening games at Rec Hall and greenspace**

Sunday, October 5th	
9:00am to 10:30am	**Skate rollerskiing with mass start races at Moose Mountain Campground at 10am**
10:30am to 12:00pm	**Games at greenspace for younger groups, older athlete looong cooldown for more distance rollerskiing before switching to games**
12:00pm	**Camp wrap up at Rec Hall Jump in the lake if you dare before hitting the road!**