

Teck Regional Camp Program



If you were one of the many people this past weekend hiking or biking on the Rails to Trails or the new trails at the Kimberley Nordic Club, you would have seen lots of young skiers on roller-skis and running with ski poles. The Kimberley XC Skiers, KIXS, Team hosted one of 3 provincial Dryland Cross Country Ski camps here in Kimberley, with the generous support of Teck. 23 young skiers, along with their committed parents and coaches, came to Kimberley for 3 days of running, hill-climbing, orienteering with the Kootenay Orienteering Club, roller-skiing, core and strength exercises, and team-building exercises. The focus of the training camp was on younger athletes, with skiers from Nelson, Rossland, Fernie and Invermere between the ages of 8 and 13 all experiencing our beautiful trails and weather, and making some great new friendships. All the positive feedback was a reflection of how well things can work out with the help of the coaches, volunteers, and of course our local parents who make it all happen. Thanks again to all of you!





For more information contact the Kimberley Nordic Club at email: kimberleynordic@gmail.com, website; www.kimberleynordic.org or CCBC Office at (250) 545-9600 or email: techcoord@crosscountrybc.ca or website: www.crosscountrybc.ca