

Teck Regional Camp Program



From Oct 12-14 athletes from around the area of Smithers attended a dryland camp to work on ski specific training and get excited for the upcoming season. The athletes were exposed to roller skiing, a long distance hike, circuit and core training indoors and outdoors, ski walking and ski bounding, flexibility training and other adventure activities adding tools to their toolboxes for when the race season arrives. A total of 35 athletes and 10 coaches and helpers made this camp a huge success with fantastic food and ideal training venues. The weather was more than accommodating providing us with blue bird skies most of the camp.

Coach Chris Werrell would like to thank TECK, the title sponsor for the camp. To all the volunteers, parents, and coaches Thanks! They are the ones that made this event a great success. Without the help from all parties, this camp wouldn't have been such a success.

For more information contact the Bulkley Valley Cross Country Ski Club at (250) 847-5781 email: coach@bvnordic.ca Website www.bvnordic.ca or CCBC Office at (250) 545-9600 or email: techcoord@crosscountrybc.ca website: www.crosscountrybc.ca

