

Northern Skiers Prepare for Winter with Teck Regional Camp

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FOR IMMEDIATE RELEASE

(Prince George, BC) – Skiers from across Northern BC are getting excited for winter and another successful year of cross country skiing. With more full time coaches being hired by the Northern clubs there has been a real upswing in momentum and enthusiasm for the sport. The spirit was evident this past weekend in Prince George, where 21 athletes between the ages of 8-12 descended on the Otway Nordic Centre.



“We didn’t have the best weather this weekend,” noted Coach Andrew Casey of the torrential downpours and cooler temperatures, “but out our young athletes really made the best of the situation and turned the puddles and mud into a fun challenge.” Casey figures the ski bounding intensity session on Saturday and the long hike on Sunday were the most popular activities with the kids as those resounded with the most laughter and created the most dirty laundry.

The athletes all stayed out at the Otway Nordic Centre with a slew of parent volunteers. Hearty food and an introduction to yoga session made the weather outside seem less daunting. Casey was impressed with the growth of new

participants in this year's camp, and also the volunteer support. "It really shows us the potential of the Teck Regional Camp Program for growing the sport of cross country skiing in Northern BC."

The next gathering of Northern cross country skiers will be at the Teck Regional Snow Camp in Smithers, BC from December 6-8, 2013. The Bulkley Valley Cross Country Ski Club will be hosting the camp and more information can be found on their website (www.bvnordic.ca).

Cross Country BC, the provincial sport governing body for cross-country skiing in British Columbia is a non-for-profit, club-based organization of more than 17,000 members. Cross Country BC offers programs and services to support the continuous development of cross-country skiing for all ages and abilities, from introductory experiences to international excellence. Teck Resources Ltd. is the title sponsor of Cross Country BC's Skier Development Program, thereby supporting excellence in sport and providing youth with experiences that will help them prepare for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.

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