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FOR IMMEDIATE RELEASE

## “Kicking it” in the Kootenays

(Kimberley, BC) - On September 26-28, a Teck Regional Fall Dryland Camp took place at the Kimberley Nordic Centre nestled in the beautiful Kootenay region, and what a weekend it was!



The camp kicked off on a crisp, sunny Saturday morning with a view of the Canadian Rockies. The athletes’ laced up the running shoes and headed for a hike to the summit of the local ski hill. In the afternoon, camp participants took to the pavement with a roller skiing session led by Paul Freeze, Frank Ackerman, Nicole Perrin of Kimberley Nordic Club and Graham McLean of the Callaghan Valley Training Centre. Video analysis proved to be a huge benefit amongst the athletes, all coaches agreed that every athlete changed at least one aspect of their technique that afternoon. Graham stated, “I had a fun time here in the Kootenays and seeing such dramatic changes in athletes’ technique over just one weekend was key”. After a hard day of training, the athletes’ were treated to a massive feast, thanks to parents and volunteers. On Sunday, the local “rails-to-trails” were utilized for a long, slow roller ski while some of the coaches cycled beside them.

That wraps up another successful Teck Regional Dryland Camp, which left the Kootenay region athletes excited for winter. The camp organizers would like to thank all volunteers, coaches and Teck Resources Limited for their support in this high performance camp.



For more information, please contact:

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**Teck**

