

September, 23rd, 2014
FOR IMMEDIATE RELEASE

Coast Skiers ready themselves for Winter

(Black Creek, BC) - On September 12-14, 2014, the Strathcona Nordic Ski Club hosted the second annual Teck Regional September dryland camp at Miracle Beach Provincial Park in Black Creek supported by Teck and Cross Country BC. It was a truly regional camp with participants from all over Vancouver Island and other coastal areas such as Vancouver and Whistler.

The camp was attended by 42 athletes from our Devo and Junior Race teams as well as a contingent of five athletes from the Hollyburn Race Team. Members of the Masters Racers also participated. Club coaches Andrea Stapff, Dave Damery, Gavin McPhail, and Sebastien Marcoux were fortunate to be joined by Coach Maria Lundgren from the Callaghan Valley Training Centre and Dave Morris from Hollyburn, also making for a truly regional coaching team.



The camp was jam packed with non-stop action, starting with plenty of fun and games and a family potluck on Friday evening. The camp provided great opportunities for all racers to get to know each other better, to increase learning in the area of goal setting, and—of course—to get in some great training! The athletes enjoyed sunny and clear skies for the entire weekend, and it proved to be a brilliant start to the new season for our young Devo athletes and marked the beginning of the next phase of training for our Junior racers who have been training hard since May.



A camp of this nature is not possible without the help of a group of dedicated volunteers who kept everyone fed and kept the camp running smoothly. The coaches were impressed with the great attitude and hard work put forth by all participants —thanks to everyone for a fantastic camp—well done!

For more information, please contact:

Cross Country BC

Dudley Coulter

250-545-9600

adcoord@crosscountrybc.ca



Strathcona Nordic Ski Club

Andrea Stapff

250-202-7096

andrea.stapff@gmail.com

Teck

