

## Skiers From Across the North Unite in Smithers for Teck Regional Camp

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FOR IMMEDIATE RELEASE

(Smithers, BC) – The Bulkley Valley Nordic Ski Club was a hive of activity this weekend as 45 young cross country skiers from across Northern BC enjoyed their first on-snow camp of the season. Skiers from Burns Lake, Vanderhoof, Prince George, and Terrace joined the local Smithereens for a weekend of fun and ski practice.

The three day camp was primarily focused on teaching the 7-14 year old participants better ski technique, but it also incorporated a lot of fun in the way of a simulation Amazing Race, yoga and stretching, orienteering and strength. Despite only 6-8 inches of snow cover, the young athletes enjoyed every second and absorbed a lot of learning.

“Overall it was a really great camp,” said Bulkley Valley Nordic Ski Club head coach, Chris Werrell. “I think the best part of the weekend, for the kids, was the amazing race simulation. As a coach I really enjoyed seeing kids from all of these different clubs skiing and learning together. These Teck Regional camps are a real asset to sport development here.”



future. For more information on Cross Country BC, please visit [www.crosscountrybc.ca](http://www.crosscountrybc.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

For more information, please contact:

Cross Country BC  
Magi Scallion  
778-990-2453  
[marketing@crosscountrybc.ca](mailto:marketing@crosscountrybc.ca)

Bulkley Valley Nordic Ski Club  
Chris Werrell  
250-917-9678  
[coach@bvnordic.com](mailto:coach@bvnordic.com)



**Teck**

