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FOR IMMEDIATE RELEASE

## Athletes 'on fire' at recent Teck Regional Summer Camp – Coast Region

(Osprey Lake, BC) – Hollyburn Cross Country Ski Club recently hosted very hot, but successful, Teck Regional Summer Camp in the beautiful Osprey Lakes area of BC. The camp was a hit, attracting 27 athletes from the coast region to participate in the six day long adventure, from July 13<sup>th</sup>-18<sup>th</sup>.

The camp revolved around rollerskiing, ski striding, running and plenty of strength. Highlights of the camp included a massive game of capture the flag and daily swims in between training sessions. The extremely hot and dry weather made some workouts tougher, but the lake was just that much better afterwards! Hollyburn head coach, Jake Weaver, stated that “it was unfortunate this weather sparked some forest fires in the region, but luckily the athletes remained unaffected even though we we’re on evacuation alert the entire trip”. Graham McLean, Callaghan Valley Training Centre – Assistant Coach, was also in attendance and said he was impressed by the athletes’ efforts despite the heat.

A special thanks goes to the Heyes family for organizing the camp, guest coach Graham McLean and Teck Resources Ltd.

*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](http://www.crosscountrybc.ca)*

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**Teck**

