



Teck Regional Camp – Vancouver Island

May 2 – 5, 2014

Mount Washington

Hosted by Strathcona Nordic Ski Club

In spite of challenging snow conditions, 56 Junior and Devo racers enjoyed the 2-to-4-day Teck Regional Camp on Mount Washington this past weekend! This year, the camp was attended by 20 Devo athletes, 25 Devo+/Junior athletes and 2 Junior alumni - which is a record number of athletes with an especially a large cohort transitioning into the Junior program. It was a truly regional camp with athletes from Victoria, Parksville, Lantzville, Nanaimo, Courtenay, Comox, Cumberland, and Campbell River in attendance.

All athletes enjoyed hill climbing and skied to the base of the boomerang chair at least once during the camp and several juniors also skied to the top. In addition to strength and endurance work, the athletes enjoyed lots of technique work. Athletes and coaches saw a variety of snow and weather conditions during the camp; through sun, snow, rain, and dark clouds - they skied on!



Between on-snow training sessions, the coaches and athletes reviewed a comprehensive training program for the 2014-15 season which looked at team and individual goals for the new season. On Saturday evening, everyone enjoyed a fun, family BBQ, which was attended by 110 racers and their families! On Sunday morning, all teams joined forces for a fun relay.

The club would like to thank all the coaches, athletes, parents, and cooks for making the camp a great success. The club would also like to thank the camp major sponsor Teck and to thank Mount Washington and Strathcona Park Lodge for their support!

For more information, please contact:



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