

**Regional Camp
Coast**



Teck

Teck Regional Spring Camp (Coast VI Region) *Fun in the sun and on snow!!*

FOR IMMEDIATE RELEASE

Mt. Washington, BC – It doesn't get a whole lot better than being able to kick off the new season with a ski camp on a serious amount of spring snow with the temperatures of a beach holiday. That's what 68 athletes from across Vancouver Island and the lower mainland experienced on the recent Teck Regional Snow Camp which took place April 28th – 30th.

15km of groomed corduroy at the Mount Washington upper Nordic trails provided 48 Track Attack, 22 Junior athletes, and 11 coaches and excellent time in the sun and on snow! The excitement of getting on snow was met enthusiastically by athletes and coaches alike.

The snow was plentiful, the weather was amazing and the fun factor was epic!





All sessions began with an easy zone 1 climb to the upper trails, from which point groups dispersed for technique sessions in both skate (in the mornings) and classic (in the afternoons). Other skills and activities included some solid distance skiing for the older athletes, and lots of relays and games for the younger athletes. The final session on Sunday afternoon saw the older athletes climb to the top of the Boomerang Chair lift on the alpine side of the mountain, with a spectacular 360-degree view of the ocean and mountains of the island and coast.



The camp would not have been possible without the support of a dedicated team of coaches and parents. Athletes came from across the island, Victoria to Campbell River, and from the lower mainland and Sea to Sky region, Vancouver to Pemberton, making for a true regional camp!

It's events like these that provide incredible learning opportunities not only for athletes but also for coaches, an element of the regional camo program this is just as important.

A huge thank you to all camp volunteers, coaches and to Teck Resources Limited. For their continued support to make CCBC Regional Camps a continued success!



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Cross Country BC (CCBC), the provincial sport governing body for cross country skiing in British Columbia, is a not-for-profit, club-based organization of more than 27,000 members. CCBC 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 Limited is the title sponsor of CCBC'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



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