

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast Region)

❄️ *Winter is in the air* ❄️

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Whistler, BC - In early October, many athletes from across the Sea to Sky Corridor came together for the annual Teck Regional Fall Dryland Camp. We had close to 80 athletes from Hollyburn (North Vancouver), Whistler Nordics, Spud Valley (Pemberton), and Sea to Sky Nordics (Squamish), ranging from the Track Attack level to race team programs. All of the athletes along with 12 coaches stayed at the Whistler Athletes Center for a fun filled weekend camp. These camps are a wonderful addition to our Skill Development (SDP) programs as it brings regional athletes together to make new friends, work hard and have fun! Athletes often make new friends they will continue to see at races and training events for years to come. It's also a great chance to learn from older athletes while leading and role modeling for younger ones and this inter-age learning is not as common in other sports.



athletes practiced ski striding while the older group did homework. Snacks were a team effort, prepared by the athletes and their families, and shared among all.

Saturday started with a delicious breakfast then we were off to Whistler Olympic Park for some roller skiing at different technique stations and an agility course below snow capped peaks. After another beautiful meal by Chef Kyle, the younger





An afternoon orienteering activity involved groups of mixed ages finding stations to complete agility activities and team building exercises. After some snacks and a little downtime, it was dinner and some well-earned sleep. Everyone always seems to sleep better on the second night.

On Sunday the team broke up into three groups, depending on ability and age, to tackle either a short hike, a long run/hike, or a traverse through the mountains next to Whistler. The fresh snow from the previous storm was beautiful in the nearby peaks and it has us all excited for



the ski season. Everyone was quite tired when we got back to the Athlete’s Center so a delicious lunch was much appreciated before we said farewell to the weekend! Rumor has it a few athletes slept well on the drive home.

Huge thanks to Teck Resources Limited and Cross Country BC for sponsoring this awesome weekend, and to all of the amazing coaches, parents and volunteers for making these camps accessible for our athletes! BC is very lucky to have such a great network of sponsors and clubs to support a very active cross country ski program.



Photo Credit: Gwendal Castellan

For more information, please contact:

Cross Country BC
Lindsey Olineck
adcoord@crosscountrybc.ca

Hollyburn Cross Country Ski Club
Jake Weaver
biweaver@shaw.ca

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 18,000 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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