

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast VI Region)

Fun with friends in the mountains!

For Immediate Release: September 18, 2024

Strathcona Nordic Ski Club (SNSC) facilitated a Teck-sponsored regional fall camp at Mt Washington Alpine Resort at the Vancouver Island Mountain Center on Vancouver Island, BC. SNSC's Head Coach, Bertrand Hamoumraoui, led the camp to guide a dedicated team of athletes and volunteer coaches through various activities. From roller ski technique, strength and core training, running, and several team-building activities, 40 athletes worked hard and had fun! The good enough weather facilitated a beautiful backdrop for the many activities that challenged athletes to work towards their long-term athlete development goals. Older junior athletes slept over on Friday and Saturday nights, and younger athletes joined in for a full-day camp on Saturday and Sunday. On Friday evening, junior athletes gathered at the Vancouver Island Mountain Center for an easy zone 1 trail run. They participated in evening activities and games that facilitated team bonding with teammates.



On Saturday morning, the younger development team athletes joined the juniors; they came up bright and early, excited to be on the mountain and ready to work hard. All athletes spent the morning running/hiking. Different laps had been decided according to the age of the athletes - a longer loop to Kwai lake for the older athletes while the younger athletes completed the run



into Lady Lake. After our run there was a group lunch which allowed athletes and coaches to socialize together and appreciate the effort of the many volunteers working to prepare food.

After lunch, both groups of athletes went on a rollerski session. Classic technique for the younger athletes and skate technique for the older athletes. The heavy rain forced us to shorten the session and do some core strength indoors. This marked the day camp's end for the younger athletes. The older athletes stayed overnight, enjoyed a group dinner, and played several more indoor and outdoor team-building games.



On Sunday morning, the two groups of athletes swapped techniques from the day before. Younger athletes focused on skate technique while the older athletes spent time working on their classic

technique. The afternoon was dedicated to team activities in which all athletes were mixed in different teams and had fun bonding with each other. The camp facilitated many opportunities for friendship-building, collaboration, learning, training, games, and fun.



Many thanks to all of the coaches, athletes, volunteers and Teck Resources Limited who helped make the camp successful!

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Photo Credit: Bertrand Hamoumroui

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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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