



Teck Regional Fall Dryland Camp (Northern Region)

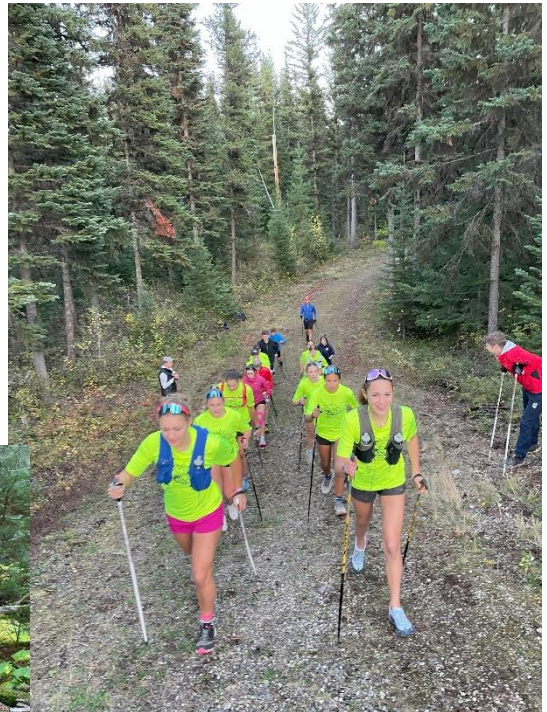
A Northern Gathering!

For Immediate Release
October 7, 2024

Prince George, BC- This past weekend, 66 athletes from our Northern region gathered to participate in a weekend of training, friendship and fun! Skiers from 100 Mile, Quesnel, Prince George, Vanderhoof, Burns Lake and Smithers gathered for an invigorating dryland cross-country ski camp, hosted by the Caledonia Nordic Ski Club of Prince George. We were lucky to have Cross Country BC Assistant Coach Zach Hill help lead this camp along with club coaches and a dedicated team of volunteers! The camp offered a range of activities that prepared participants for the upcoming ski season.

Athletes engaged in roller skiing, a scavenger hunt, running, and yoga, fostering physical endurance, roller ski technique, and team building.

The camp also included various group games and a fireside chat, creating a strong sense of camaraderie among the participants. Bear sightings in the Pine Flats area added an extra element of excitement during the scavenger hunt, giving participants an unforgettable experience!





The weather delivered perfect fall conditions, providing an ideal backdrop for the outdoor activities. Participants also enjoyed fantastic meals throughout the camp, rounding out a successful and memorable event.



We couldn't have asked for better conditions or a more enthusiastic group of athletes and coaches. Special thanks to Teck Resources Limited, Cross Country BC, all of the coaches and the amazing volunteers who make these amazing camps possible for our Northern Athletes!





For more information, please contact:

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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 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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