

## Teck Regional Dryland Camp (Coast VI Region) *Vancouver Island Region Spring and Summer Training Kick Off!!*

FOR IMMEDIATE RELEASE

May 15, 2024

**Mount Washington Alpine Resort** - Strathcona Nordic Ski Club (SNSC) facilitated a Teck-sponsored regional spring camp at Mt Washington Alpine Resort at the Vancouver Island Mountain Center on Vancouver Island, BC. SNSC's new 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, 42 athletes worked hard and had fun! The sunny 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 devo athletes joined in for a full-day camp on Saturday and a half-day camp on Sunday morning.



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 and their new head coach. A few keen chaperones, coaches, and athletes who were awake

caught a glimpse of the Aurora Borealis show that Mother Nature decided to add to the weekend; the secluded location of the Vancouver Island mountain center provided a stunning backdrop.

On Saturday morning, the younger devo 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 roller skiing. From those on roller skis for the first time to veteran roller skiers, all



athletes got a lot out of the morning session. Younger devo athletes focused

on skate technique and emphasized balance, feeling comfortable on their roller skis, and age-appropriate ski technique; older athletes worked on classic

technique and challenged themselves to ski up part of the steep road leading to Mount Washington

resort. The sun was hot and athletes got back into the summer routine of regular sunscreen application. A group lunch 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 an adventure trail run/hike through the lower trails of Strathcona Provincial Park. The adventure was on and off snow, with excited Nordic skiers enjoying the snow remaining in the park. Team games marked the day camp's end for younger Devo athletes. The juniors 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 devos focused on classic technique while the junior athletes spent time working on their skate technique. The roller skiing morning was concluded with an awards presentation highlighting the 2023-2024 ski season. Four devo and three junior athletes were highlighted for their exceptional sportsmanship, hard work, and leadership over the past season. They were celebrated by their peers, coaches, teammates, and families. The devo camp concluded after the awards ceremony. After lunch,



the juniors enjoyed one more roller ski session, where their new head coach, Bertrand, put his French touch on the technique practice and drills. Athletes left the camp feeling tired, happy, and excited for the spring and summer training. The camp facilitated many opportunities for friendship-building, collaboration, learning, training, games, and fun. A huge shout out to the army of volunteer coaches, parents, and helpers who helped make the camp successful!

***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!***



For more information, please contact:

Cross Country BC  
Lindsey Olineck  
[adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca)

Strathcona Nordic Ski Club  
Michaela Jelen  
[jelenmichaela@gmail.com](mailto:jelenmichaela@gmail.com)

*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.*

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