

**Regional Camp  
Kootenay**



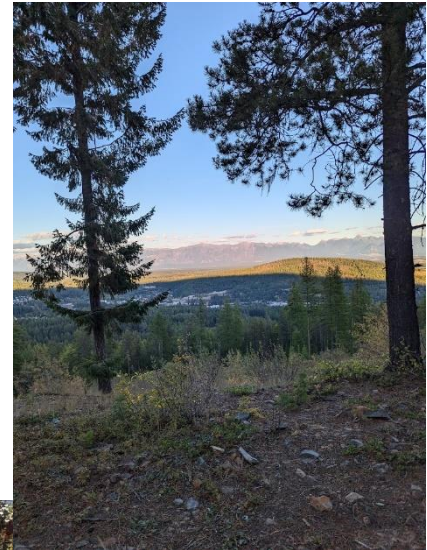
**Teck**

## **Teck Regional Fall Dryland Camp (Kootenay Region) *A beautiful weekend in the mountains!***

**FOR IMMEDIATE RELEASE  
October 9, 2024**

**Kimberley, BC** – Another beautiful September weekend set the scene for what was an amazing annual Teck Regional Fall Dryland Camp hosted by the Kimberley Nordic Club (KNC). Seventy-eight athletes from across the region, Nelson, Fernie, Rossland, and Kimberley, along with several coaches and volunteers came together for a weekend of fun! We were lucky to have amazing meals at the end of each day that brought everyone together to share about their day.

Adam Elliot (BC Development Squad) led the camps jam-packed agenda with a big focus on developing roller ski skills. While the younger athletes worked through agility courses, the older athletes completed a 3.8-kilometre uphill time trial and skied down the Rails-2-Trails bike path.





When not on roller skis the athletes participated in trail running, orienteering, strength and stretching. The camp was finished off bringing all of the athletes together for an intense game of ultimate frisbee.



Kimberley Nordic Club was fortunate to have coaches from other clubs in the region lead many wonderful sessions. Contributions from all of these coaches, along with over 25 outstanding volunteers, made for an amazing weekend of learning for these young skiers! Thanks to everyone involved in making this camp a success and a special thanks to Teck Resources Limited.

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For more information, please contact:

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

Kimberley Nordic Club  
Anna Malvin  
[programs@kimberleynordic.org](mailto:programs@kimberleynordic.org)

*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](http://www.crosscountrybc.ca).*



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