

**Regional Camp
Coast**



Teck

Teck Regional Spring Camp (Coast VI Region) *Nothing beats skiing in May!*

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On the weekend of May 9th, 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. 45 athletes from ages 9 – 19 enjoyed the remaining snow on the trails at Mt Washington. Thanks to the staff at the mountain, we had the opportunity to enjoy some of the trails and to work towards the athletes' goals. Older athletes slept over on Friday and Saturday nights, while our younger and masters' 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 skate ski session. They participated in evening activities and games that facilitated team bonding.

On Saturday morning, the 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 skate skiing. Different practices and length were decided according to the ages of athletes and their skills. 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 a

classic ski session. They all took advantage of the snow to do some ski adventure around the Nordic trails. After practice, former BC Ski Team athlete Gabriel Gledhill came to share his ski and racing experience with the juniors. They all appreciated the time and learned a lot from Gabriel.

On Sunday morning, the two groups of athletes went for a classic ski session. The younger athletes ended their camp with a group lunch, whereas the older athletes did a core session early afternoon and they cleaned the club's waxing gear as well as their skis before storing everything for the summer.

The camp facilitated many opportunities for friendship-building, collaboration, learning, training, games, and fun.



A huge thank you to Teck, CCBC and the amazing volunteer coaches, parents, and helpers who helped make these camps successful!

Photo Credit: Bertrand Hamoumroui, Fil Bohac, Lindsey McLean, Ramona Gregory

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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 almost 25,000 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. For more information on Cross Country BC, please visit www.crosscountrybc.ca.

Teck 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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