

**Regional Camp
Coast**



Teck

Teck Regional Dryland Camp (Coast VI Region)

A Little Rain Never Hurt Anyone!

On Friday September 26, 2025 a group of athletes aged 9-16 gathered at the Vancouver Island Mountain Centre to start our annual Teck Regional Dryland camp. A total of 31 athletes attended the camp despite the (very) wet weather. After a run the Juniors spent some time thinking and discussing what could be the ingredients on what could help them be better athletes and lead a healthy, balanced life.

After dinner, we spent the evening playing some games, and the kids started bonding with each other, especially with younger athletes that had just recently joined the club junior racing program.

On Saturday everyone went for a hike/run in Strathcona park. None of us could enjoy the view because of the rain



and our hoodies were well “planted” on our heads. As some say, it’s also good character building. After lunch, the Juniors did some core/mobility stations supervised by two physiotherapists. It was the opportunity for them to be further introduced to the importance of body position. In the afternoon, they went for another wet training session on their classic roller skis. They played some games and worked on their balance abilities, while the junior group went for a skate roller ski session. We had to keep everyone moving in order to stay warm! In the evening, we kept our momentum in bonding with each other playing some board games, and other games that involved everyone (even coaches, and helpers).

On the last day of the camp, we decided to shorten it a bit by doing one session in the morning and closing the camp after lunch. The rain and the wind had the last word on this one. However, in the morning the Juniors did a classic roller ski, up the mountain enjoying the brand-new smooth pavement, which made this practice more enjoyable. The younger athletes practiced their skate ski technique on balance and agility. Once again, this camp was a great success despite the weather conditions. We're grateful for having Teck sponsor these camps, and to all of the volunteers and coaches as with out them none of these camps would be possible.



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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 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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