

Teck Regional Fall Dryland Camp (Coast Region)

Dryland fun in Whistler!!!

The 2026 Teck Regional Fall Dryland Camp (Coast) in Whistler was a great success, with 79 athletes taking part in three days of jam-packed fun, activities, and dryland training. The yearly training camp took place at the Whistler Athletes' Centre and brought together athletes from across the Coast region, including Pemberton, Whistler, Squamish, and the Vancouver area. Coaches and athletes who attended came from a number of clubs including the Sea to Sky Nordic Ski Club, Whistler Nordic Ski Club, and Hollyburn Cross Country Ski Club.

The camp unofficially started for the older athletes on Friday afternoon at Whistler Olympic Park (WOP), where 15 athletes enjoyed a rainy ski up the Callaghan Valley Road to the Nordic Centre to work on their roller skiing technique. Friday evening marked the official start of the camp, when all 79 athletes met at the Athletes' Centre for a camp briefing.

On Saturday morning, the athletes started the day with a foggy 20-minute activation jog around the neighbourhood before heading up to Whistler Olympic Park for some roller skiing. Once on roller skis, the athletes were divided into groups and rotated through different stations. The athletes learned about power position and power line and worked on fast footwork through an agility course. After two hours of skiing, they were brought back to the Athletes' Centre for lunch.



There was a short break after lunch, and then we headed off on a fun adventure run which involved ski-striding technique and exploring an old train wreck. It was a quick turnaround from the run to starting an orienteering race where athletes were tasked with locating coaches scattered throughout the neighbourhood using nothing but a map and their minds. In teams, they were challenged to find the greatest number of coaches within one hour. Once a coach was found, the athletes had to perform challenges to score points. The day concluded with dinner and some fun team-building activities.



The final day of camp included a few different hike options. The older athletes hiked 24 km up to Black Tusk and back down. The second option followed an out-and-back route that also went to Black Tusk, and the final option was a hike from the village to a small lake about 6 km from the Athletes' Centre. We finished the camp with lunch and then said our farewells.



A special thank you to Teck for sponsoring this camp and to Cross Country BC for their support, as well as to our amazing volunteers and coaches whose time and energy made the camp possible. We are also grateful to have been able to hold this event on the unceded territory of the Squamish Nation and Lil'wat Nation.

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 22,000 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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