



Teck Regional Fall Dryland Camp Okanagan

**For immediate release
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On Friday September 25, 97 athletes and 19 coaches from clubs across the Okanagan gathered for a fun-filled weekend at Blanket Creek Provincial park just outside of Revelstoke. Clubs including host club Revelstoke Nordic Ski Club (RNSC), Telemark Nordic Club, Larch Hills Nordic Society, Sovereign Lake Nordic Club, and Overlander Ski Club. This camp was led by RNSC Head Coach Tindra W. Kangasharju with support from Cross Country BC (CCBC) Head Coach Chris Manhard and several other volunteer coaches.

We kicked off the first evening with ice breaker games under our dining tents in the pouring rain. On a positive note, it was definitely mosquito free! Baked goods and fruit were served by our local parents before everyone snuggled down in their tents and trailers. It kept raining during the night but luckily the weather got better the following day!



Saturday morning the athletes rolled out of their tents for a 15-minute morning mobility jog around the campground pond. After breakfast the U16/18's were the first to leave to go classic roller skiing at the beautiful meadows in the Sky Parkway on Mt Revelstoke. The U14's went to Begbie Falls to do a skate roller ski technique session while the U10/12's roller skied on the campground parking lot. Dual slalom, obstacle course and games concluded the first morning. After lunch the athletes got to play disc golf around the campground, while Chris Manhard gave a presentation to the coaches about skill development for young athletes. When the athletes returned it was time for a Scavenger Hunt.



Working together in mixed teams, they had to find all the stations and complete the strength challenge in order to earn a "letter". The goal was to spell the right word after completing all the stations. After the scavenger hunt, the U16/18's continued on to do a short running technique session. Some of the younger athletes had some extra energy left and

played "Capture the Flag" before dinner. Delicious spaghetti Bolognese was served by RNSC volunteer chef Dominic Paquin. The rest of the evening was fairly quiet with a campfire and free play.

Sunday morning everyone started packing tents and trailers. Before heading home there was one final training session on the schedule. The U16/18 drove back to Mt Revelstoke for a skate rollerski interval session while the U10/12/14's all went to the nordic ski trails on Mt MacPherson for a ski striding session. With some striding technique, team sprint relays and games we ended the camp with happy athletes and coaches!

We thank the outstanding team of coaches and coach helpers who made this a weekend full of training and games. We are also grateful to the dedicated RNSC volunteers, and to the visiting athletes and their families for making this a weekend to remember!

Thank you, Coaches, volunteers and Teck!



Photo credit: Tindra W. Kangasharju & Veronique Cantin

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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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