

**Regional Camp
Coast**



Teck

Teck Regional Spring Camp (Coast VI Region) *Start of a new season!*

For Immediate Release: May 12, 2026

On Friday May 8th, 2026 Strathcona Nordic Ski Club (SNSC) facilitated a Teck-sponsored regional spring 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. 30 athletes enjoyed the trails in the Strathcona Park and on Mt Washington. Unfortunately, mother nature didn't allow us to run this camp on snow as we're used to doing, despite the the staff at Mt Washington's extreme effort. Older athletes slept over on Friday and Saturday nights, and younger and 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 run exploring some of the downhill ski trails in search for lost items in the winter. They participated in evening activities and games that facilitated team bonding with teammates.

On Saturday morning, all of the athletes went for a run in Strathcona Park. The older athletes went for a longer loop. Because of



the remaining snow, some groups had to change their plan and go for a short loop as the snow made the terrain a bit more challenging than expected. A group lunch allowed athletes and coaches to socialize together and appreciate the effort of the many volunteers working to prepare food. After lunch, all athletes went for a rollerski session. The older athletes went classic skiing while the younger ones were skate skiing. As it was the first rollerski session

of the year for many of them, emphasis was on technique. It was a good opportunity to start the dryland season on the right foot.



On Sunday morning, we all went for a run on the Mt Washington downhill ski trails. As the snow melted, everyone kept their eyes open in search of lost items. Every athlete arrived at the top of the mountain with a handful of waste that we took to garbage. We just had enough time for a group photo before we had to run down the mountain to avoid the rain that was coming. To end the camp, athletes went for another rollerski session, with more focus on technique. 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

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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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