

**Regional Camp
Coast**



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Teck Regional Snow Camp (Coast VI Region) *Ending 2022 on Skis!*

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Mt. Washington, BC – Vancouver Island athletes skied 2022 out with another excellent regional camp. A mixture of wild weather didn't dampen spirits or enthusiasm for 70 local athletes along with a few ski friends from the Okanagan who joined in on the fun, December 27th to 29th.



Athletes enjoyed three days of activities featuring large group skills and starts, small group technique work, group games, a time trial, agility, a mental skills workshop and a session of mobility and activation with local Athletic Therapist, Jessi Morris. The highlights of the camp included the simulated mass start with all athletes and the final morning of Agility Fest, featuring the always popular Monster Maze. Special thanks to Kurt Galik whose latest maze design didn't disappoint: bicycle bumps, cornering and more cornering, a nautilus spiral, hoops, a slalom section and more bicycle bumps. So much fun!



The camp would not have been possible without the assistance of a fantastic group of coaches and numerous parents and athletes who helped set up the maze. Thanks also to Teck Resources Limited for their continued support of athlete development.





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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 Resources Limited 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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