

**Regional Camp
Kootenay**



Teck

Teck Regional Snow Camp (Kootenay Region) *A Great Way to Kick Off the Ski Season!*

**FOR IMMEDIATE RELEASE
November 30, 2022**

Invermere, BC – Toby Creek Nordic Ski Club, once again, hosted the Teck Regional Snow Camp for the Kootenays at Panorama Mountain Resort (November 25th to 27th). It was a great weekend of skiing and camaraderie for all the athletes. Forty-one skiers attended the camp, with support from a number of coaches, including Cross Country BC coach, Graham Maclean, Toby Creek Nordic Ski Club head coach, Benoît Chauvet and numerous parent helpers. It was three days of skiing, games and technique sessions at the bottom of the valley.



(Photos by Cam Gillies)

The weekend started with team building activities and games by headlamp on the downhill area on Friday.

Athletes and coaches met at 9:00 am on the chilly Saturday morning for a skating session at -12°C. Instruction was given in one skate, two skate, free skate, and offset with fun exercises beside Toby Creek.



After lunch, Graham Maclean shared some of his waxing wisdom with the athletes. Then it was time to enjoy downhill drills and parallel slalom on a downhill slope. Amazingly, the athletes had enough energy to enjoy a team sprint at the end of the afternoon. Parents and athletes gathered in the evening for a dinner with delicious food, awards, draw prizes, and a 'fireside chat' with Graham as he shared stories from waxing on the world cup circuit.



What a big surprise to have more than 10 centimetres of fresh snow on Sunday morning! The athletes were very excited. After classic technique, video and games, everyone had a great time doing a downhill session in the deep fresh snow. Lots of laughs were had. The last session in the afternoon was a relay held in the Greywolf area.



It was a fantastic weekend in incredible winter conditions and a great way to kick off the ski season. Many thanks to Panorama Mountain Resort, the coaches and volunteers for making it such an enjoyable weekend. A big thank you to Teck Resources Limited for supporting our regional camps.



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 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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