

**Regional Camp
Okanagan**



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Teck Regional Snow Camp (Okanagan Region) *Biggest Okanagan Regional Snow Camp Yet!*

**FOR IMMEDIATE RELEASE
November 22nd, 2022**

Vernon, BC – The largest Teck Regional Snow Camp (Okanagan Region) to date took place at the Sovereign Lake Nordic Centre from November 11th to 13th. One hundred and sixteen skiers joined the on-snow camp hosted by Telemark Nordic Club of West Kelowna and led by Telemark Head Coach, Adam Elliot. This is the 14th season that Elliot has led this camp.



Weeks of preparation resulted in very high quality of grooming on almost the entire Sovereign Lake Nordic Centre trail system, and this made for an amazing homebase.

For many of the skiers it was their first-time skiing on snow this season. Saturday was focused on technique development and skiing in groups. In the morning the athletes had a skating technique session that focused on skiing without poles, balance, body position, timing, cornering, and efficiency. In the afternoon the athletes had a classic technique session that focused on diagonal stride and skiing with new friends.



The highlight on Sunday was a “King’s Court” sprint competition where everyone got to compete in all of the heats on a super fun sprint course. The courses used were variations of the sprint course that will be used in the upcoming Canada Cup race. A shorter version was used for the younger skiers. The perfect conditions gave a great opportunity for tactical technique development and FUN!! This was followed with the athletes going for a ski with their age-appropriate groups.



Overall, a fantastic weekend for everyone! A big thank you to all the coaches and volunteers who helped make it a great success and 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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