

**Regional Camp
Northern**



Teck

Teck Regional Snow Camp (Northern Region)

**For Immediate Release
December 17, 2024**

The December 13-15, 2024 Teck Regional Snow Camp, hosted by the Bulkley Valley Cross Country Ski Club in Smithers, brought together 72 athletes and 20 coaches from clubs across the Northern Region. Participating clubs included Snow Valley (Terrace), Bulkley Valley (Smithers), Morice Mountain (Houston), Omineca (Burns Lake), Nechako (Vanderhoof), Caledonia (Prince George) and Mackenzie Nordiques (Mackenzie).

Over the three days, skiers enjoyed a good amount of fresh snow and the full network of fantastic trails of the Bulkley Valley Nordic Centre, courtesy of the amazing grooming team and the newest addition to the grooming stable, the Prinoth Bison. Skiers also enjoyed the incredible meals and snacks provided by a crew of wonderful volunteer cooks and helpers over the course of the weekend. The snack tables in



particular were next level, festively decorated and displayed. Last, but definitely not least, the camp provided an excellent opportunity to bring athletes and coaches together to focus on enhancing technical and tactical skill in both skate and classic skiing, along with an easy endurance skate ski under the stars on Friday evening, a classic time trial on Saturday afternoon and a very fun festive themed mixed age group classic sprint relay on Sunday morning.



incorporated into the mixed age group sprint relay.

The 18 volunteer coaches facilitated technical development by working in small groups and offering individualized feedback and encouragement to athletes. They also brought their mentorship skills, inspiration and passion for the sport to the camp participants. Athletes left the camp happy, with increased skill, greater endurance, new friendships and connections and motivation for the season ahead.

The camp was also fortunate to have Adam Elliot, Head Coach of the BC Development Squad, join the coaching team and lead coaches and athletes through a variety of technical and tactical skills in classic sprint and mass starts as well as a variety of agility skills expertly



This camp showcased the strength of the Northern skiing community, nurturing a culture of collaboration and excellence and successfully reinforced the continued growth and success of cross-



country skiing. A very special thanks to all of the amazing volunteers and coaches for making this camp a great success and to Teck for their continued support of the Teck Regional Camp program.

Photo Credit: Laura Hols, Matt Beedle, Adrienne Rosenberger, Meghan Schreiner

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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 20,000 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. For more information on Cross Country BC, please visit www.crosscountrybc.ca.

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.



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