

Regional Camp Okanagan



Teck

Teck Regional Fall Dryland Camp (Okanagan Region)

Welcoming athletes from across the globe!

FOR IMMEDIATE RELEASE

September 18, 2024

On Friday evening 68 excited athletes and 17 coaches from throughout the Okanagan joined together at Blanket Creek Provincial Park near Revelstoke to put up their tents and to get ready for a fun-filled weekend of dryland training. Athletes attending the camp came from the Larch Hills Nordic Ski Club (Salmon Arm), Telemark Nordic Club (Kelowna), Sovereign Lake Nordic Club (Vernon), Revelstoke Nordic Ski Club and even the Nelson Nordic Ski Club in the Kootenays. We started off the camp with some ice breaker games and team building activities before we tucked in to our sleeping bags.



Saturday morning after our activation run and breakfast, the older athletes went up to Mt. Revelstoke to do a classic roller ski intensity workout with a team of 15 athletes and two coaches from Sweden. This



group was being hosted by Cross Country BC at a week-long training session in the Revelstoke area. The Swedes took the lead on a mobility and technique warmup. It was great to be able to do the session together with them.

Meanwhile, back at Blanket Creek, the younger athletes did a skate roller ski station workout with technique, obstacle course and games. In true Revelstoke-style it was raining on and off, but that did not stop us!



Following the morning session former Revelstoke Nordic Ski Club coach, Zach Hill, hosted a technique clinic for the coaches. Later that day the Swedes came to Blanket Creek and joined us for a scavenger hunt where there were many creative tasks the athletes had to solve before they could find the key word. The scavenger hunt was followed by a fun game of Disc Golf.

While the athletes were playing Disc Golf we were fortunate to have Cross Country BC Provincial Coach, Chris Manhard, do a presentation on athlete skill development for the coaches and parents who were present at the camp.

On the last day of camp, we worked on ski striding technique and then we did a long run starting from the Revelstoke Nordic Ski Club Lodge. The sun came out for us and it was a great way to



end an awesome weekend of training with our friends from near and far!

**Thanks to all the coaches, volunteers, and Teck Resources Limited
for making it such a great camp!**



Photo Credit: Pauline Forren, Zach Hill, Alice Weber, Magnus Aaserud, Gibo Seravalli, Geoff Styles and Alice Webber

For more information, please contact:

Cross Country BC
Lindsey Olineck
adcoord@crosscountrybc.ca

Revelstoke Nordic Society
Pauline Forren
pforren@revelstokenordic.org

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.



Teck

