

**Regional Camp  
Okanagan**



**Teck**

## Teck Regional Snow Camp (Okanagan Region) ❄️ *A Slumber Party at Sovereign* ❄️

**For Immediate Release  
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The past weekend 56 athletes from the Telemark Nordic Club (Kelowna), Sovereign Lake Nordic Club (Vernon), Revelstoke Nordic Ski Club and Overlander Ski Club (Kamloops) gathered at the world class



Sovereign Lake Nordic Centre for a weekend of skiing and fun in a winter wonder land. The camp was led by BC Ski Team Assistant Coach Zach Hill and a number of volunteer coaches from clubs in the region.

With over 50cm of snowfall over the course of the week, the athletes were treated to mid-winter like conditions. Throughout the weekend the athletes took part in three on snow sessions where they, along with their coaches, worked on both classic and skate technique drills to refine their fundamental skills.



The Sovereign Lake Nordic Center provided an amazing experience for some of the young athletes, who enjoyed a slumber party camping out at the Centre's Day lodges, while other athletes opted to stay at the Pinnacles Suites at Silver Star Mountain.



Highlights from the weekend included an 800m long agility course on Saturday afternoon, an



amazing meal at Long Johns, and an inspirational keynote presentation by two-time Para Olympian and Medalist Emily Young (Telemark Nordic Club Head coach). This presentation, which was held at the National Altitude Training Centre, was on

overcoming adversity and taking the narrative in your own hands when you encounter a "plot twist".



Following the presentation the athletes enjoyed a movie night then returned to their accommodations for a good night of rest before a final morning of training.

A big thank you to Teck Resources Limited, Sovereign Lake Nordic Club (for hosting our sleep over), Pinnacles Silver Star, and Long Johns for making the return of the Teck Okanagan Regional Snow Camp one to remember!





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



Photo Credit: Paul Shipley, Zach Hill

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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](http://www.crosscountrybc.ca).



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