

## Teck Regional Dryland Camp (Coast VI Region)

### *A beautiful fall weekend on the Island*

On Friday September 25<sup>th</sup> 2026, athletes from Vancouver Island gathered at the Vancouver Island Mountain Centre to start our traditional Teck Fall Dryland camp. A total of 27 athletes attended the camp despite the (very) wet weather.

After a late afternoon run the athletes gathered to warm up and have a delicious meal provided by our wonderful volunteers who help make this camp happen! After dinner, we spent the evening playing some games and getting to know one another.

On Saturday everyone went for a hike/run in Strathcona park. The weather was amazing and we all enjoyed the nice colours of autumn settling on the mountain. After lunch, athletes attended a mental skills training facilitated by a mental performance consultant. After the mental training, we went for a skate rollerski session. As the morning run brought some sore legs, we kept things easy and focused on working on technique skills. In the evening, we kept our momentum in bonding with each other by playing some more games.



On the last day of the camp, we went for another run with the poles, to start working on striding



technique. It was a great opportunity for each athlete to receive individual feedback on their technique. In the afternoon, we went for another skate rollerski session and kept things easy working on their technique skills.

Once again, this camp was a great success despite the weather conditions. We're grateful for having Teck sponsor these camps, and to all the volunteers and coaches as without them none of these camps would be possible.



For more information about Teck Regional Camp program please contact:

Cross Country BC  
Lindsey Olineck  
adcoord@crosscountrybc.ca

Strathcona Nordic Ski Club  
Bertrand Hamoumraoui  
headcoach@strathconanordics.com

*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 22,000 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 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)*



**Teck**

