

Teck Camp Report from the Wild West Coast

FOR IMMEDIATE RELEASE
SEPTEMBER 15, 2015

(BLACK CREEK, BC) - Fantastic weather and a great training location at Miracle Beach Provincial Park in Black Creek made for an excellent dry-land training camp held September 11-13. Forty-three athletes participated in a variety of activities including roller skiing skills, a time trial, strength training and the new and



very popular large group game of 'bone collector'. Bone collector is a gigantic game of continuous tag where each athlete receives a popsicle stick or 'bone', but with someone else's name on it, and the athlete attempts to 'tag' that person. When an athlete is tagged, the tagger then collects their bones. The athlete with the most bones at the end is the winner.

With a good section of the paved campground roads closed to traffic, athletes enjoyed an ideal venue for perfecting roller skiing technique as well as lots of forested terrain for our annual group games.



A big thank you to the volunteer coaches and parent helpers for making this such an excellent and fun camp; from the delicious food, including an amazing west coast wild salmon barbeque and songs at the campfire to the great training sessions. Also a thank you to Teck Resources Limited for making this camp a great success.

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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 18,000 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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