

Teck Coast Regional Dryland Training Camp: Under Sunny Skies

FOR IMMEDIATE RELEASE
September 27, 2017

WHISTLER, B.C. – This year’s Teck Regional Dryland Camp (Coast) took place in Whistler from September 15th to 17th with 43 young athletes from the Sea to Sky Corridor in attendance. Leading the effort were more than 20 coaches and volunteers from the Hollyburn Cross Country Ski Club and Sea to Sky Nordic Club, whose role was to make sure things ran smoothly. “We were especially lucky to have Provincial Coaches, Maria Lundgren and Graham Maclean, helping out” said head coach Jake Weaver. “Their expertise in both coaching developing athletes and mentoring other coaches was appreciated by all.”

There was a full day of activities lined up for Saturday and the weather cooperated with warm, sunny weather. The morning started at Whistler Olympic Park where the athletes took part in roller skiing and ski striding. In the afternoon there was a stretching session in the warm sunshine and, later on, a run and soccer tournament. Needless to say, by the end of the day everybody was hungry for their dinner and ready for an early night. They still had a big day ahead of them!



Sunday’s activity was a long run/hike with two options available to the athletes, depending on age and ability. One group hiked up from Cheakamus Creek to Helm Meadows in the alpine. Another group did the Garibaldi Traverse, ending up together with the first group as they hiked down from the meadows. The environment and views were spectacular and the rainstorm held off until the hike was finished. After 3 to 5 hours on the trail everybody went home tired but happy!

Thanks to all the volunteers who worked hard all weekend to put on a great camp!



For more information, please contact:

Cross Country BC

Cherielle Goold

250-545-9600

adcoord@crosscountrybc.ca

Hollyburn Cross Country Ski Club

Jake Weaver

604-619-2075

biweaver@shaw.ca

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 for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



Teck

