

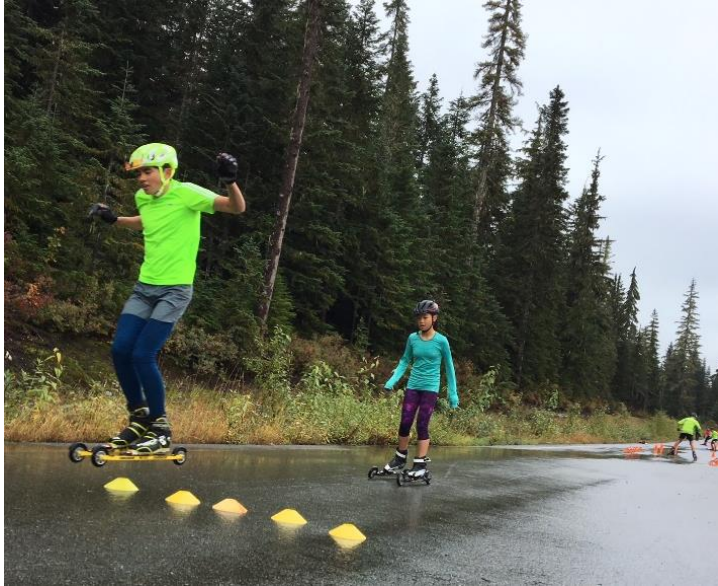
Teck Regional Fall Dryland Camp (Coast): Great Kick-Off to The Season!

FOR IMMEDIATE RELEASE
October 5, 2018

WHISTLER, B.C. – Hollyburn Cross Country Ski Club recently hosted the first Teck Regional Fall Dryland Camp of the season in Whistler from September 21st to 23rd. It was well attended with 59 athletes, 15 coaches, and 4 parents on the “support” team!

On Friday night, following a camp meeting and intro to former national ski team athlete and world championship gold medalist **Devon Kershaw**, the kids settled into the Whistler Athlete Centre and hit their beds early in anticipation of the action-packed Saturday schedule.





The next morning the athletes made a bagged lunch and headed up to Whistler Olympic Park for roller skiing, ski bounding, and ski striding. The participants all had the opportunity to test their roller skiing skills on a fun agility course too! Many of the kids put roller skis on for the very first time at this camp! In the mid afternoon it was back to the Whistler Athlete Centre for some fun soccer matches; the coaches vs. kids match in the pouring rain generated lots of laughs! They topped off the activities for the day with a walk on Whistler's famous "Trainwreck Trail".

Later in the evening, Devon and two other Olympians, Drew Goldsack and Phil Widmer, gave a talk about their time on the National Team. They really stressed the importance of being 'a team' and how it is *not about the podiums and medals* but more so about really wonderful experiences along the way!



Sunday was the 'big hike day' in the shadow of stunning Black Tusk. Our club offered various routes to suit all abilities. The minimum amount hiked by the little ones was 12km and some of the older kids ran about 30km! After some great efforts, the athletes returned back to the Whistler Athlete Centre to be greeted by grilled cheese and hot soup. Devon signed many Buffs before we all said good-bye. We are sure that all the kids slept very well upon returning home!





For more information, please contact:

Cross Country BC

Cherille Goold

250-545-9600

adcoord@crosscountrybc.ca



HOLLYBURN
Cross Country Ski Club

Hollyburn Cross Country Ski Club

Jeneen Sutherland

604-561-4135

jeneensutherland@gmail.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 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.



Teck

