

**Regional Camp
Coast**



Teck

Teck Regional Snow Camp (Coast Region): Callaghan Gold at Whistler Olympic Park

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Whistler, B.C. - The Whistler Nordics and Hollyburn Ski Club welcomed 50 skiers to the Whistler last weekend for a Teck Regional Snow Camp. The Camp had athletes and coaches attending from two clubs; Sea to Sky Nordics and Hollyburn Ski Club. The participants spent two nights at the Whistler Athletes lodge next to the High-Performance Centre. For several athletes this was their first overnight Regional Camp experience.



There was a total of ten volunteer coaches during the weekend with Justin May as head coach. Maria Lundgren, Assistant Provincial Coach, helped out during the weekend. “It was a fantastic weekend with many new volunteers and coaches. The support from Hollyburn Ski Club made the camp successful. It was a great team effort.” says Maria.

The camp agenda was filled with lots of things to do for the athletes. The camp started on Friday night and the athletes had a nutrition workshop held by CSI Sport Dietitian, Geneviève Masson. On Saturday, the athletes worked on specific technique improvements in both classic and skate technique. The session on Sunday included a skate technique session ski followed by some relays and games in the afternoon.

The goal with this camp was to get on snow early before the club program starts and use the snow storage “Callaghan Gold” at Whistler Olympic Park. There were excellent snow conditions



on the 1 km loop and the staff at Whistler Olympic Park worked hard to ensure the trails were groomed for the skiers. The camp participants had exclusive use of ski trails in the mornings and stayed at the venue all day for another on snow session in the afternoon.

The meals during the camp were prepared by Hollyburn volunteers and the dinner was catered by Whistler Food Co. Meals were a huge

success and everyone enjoyed the healthy food that was suitable for training athletes.

On Saturday evening it was time for gymnastics and team building activities, the focus was on agility and strength and it also gave the athletes a fun break from skiing.

The Whistler Nordics and Hollyburn Ski Club would like to extend a special thank you to all of the volunteers, inspiring athletes and Teck Resources Limited for their support.

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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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