

We Love Skiing on Snow! Teck Regional Snow Camp (Okanagan)

FOR IMMEDIATE RELEASE
November 23, 2018

Vernon, B.C. – November 16th to 18th marked the 11th season that Adam Elliot, Telemark Head Coach, has led the Teck Regional Snow Camp. Just like last year, there will be two different Teck Regional Snow Camps in the Okanagan. This one focused on athletes in the Learn to Compete and Train to Train stage of development (12 to 18 years of age). The second camp, coming up November 23rd to 25th, will focus on athletes in the Learning to Train stage of development (8 to 12 years of age).



Olympian Julia Ransom was kind enough to join us at the camp. Julia grew up in Kelowna and attended the very same Cross Country BC camp programs before joining the National Biathlon Team, competing at the Olympics and scoring several top 10 results at Biathlon World Cups. Julia joined the female ski

groups and gave a wonderful presentation on the value of sport and how to move from Good to Great. She definitely inspired a lot of our skiers!

The Pinnacles Suites was, once again, our home away from home this year. Staying there is always very comfortable, it is very welcoming and provided a wonderful team atmosphere, not to mention they have hot tubs!

All of the skiing was done on natural snow at Sovereign Lake Nordic Centre. Sovereign had done extensive preparation to provide a very high quality of grooming on their trail system, which is unmatched anywhere in Western Canada this early in the season.

A Time Trial was held on the Montezuma trail which was similar to the course that the coaches regularly raced many years ago. The conditions gave a great opportunity for technique development, race simulations and FUN!



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

For more information, please contact:

Cross Country BC

Cherielle Goad

250-545-9600

adcoord@crosscountrybc.ca

Telemark Nordic Club

Adam Elliot

250-859-8464

coachadam@telemarkracers.org

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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