

**Regional Camp
Northern**



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Teck Regional Fall Dryland Camp (Northern Region) *Learning Ski Skills & Nutrition!*

FOR IMMEDIATE RELEASE
September 27th, 2019



Prince George, BC – September 20th to 22nd Caledonia Nordic Ski Club hosted a busy Teck Regional Fall Dryland Camp with 24 athletes and 16 coaches and volunteers from across BC, including Cross Country BC Assistant Coach, Maria Lundgren, from Whistler.

Saturday morning the weather held off for some sunshine for a great morning on roller skis followed by a drizzle of rain for the ski striding session.

Athletes were able to enjoy a great session with registered dietitian, Lindsay Van Der Meer, where they got some hands-on experience making their own energy balls, sports drinks and learning to read nutrition labels.

The Sunday wrap up hike at Eskers Park was a great way to end a busy weekend with an awesome group of athletes and volunteer coaches.



A big thank you to everyone who volunteered their time to cook, drive, chaperone and so much more, thanks to Teck Resources Limited for supporting all our regional camps.



For more information, please contact:

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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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