

**Regional Camp
Kootenay**



Teck

Teck Regional Fall Dryland Camp (Kootenay Region) *Let It Snow, Let It Snow, Let It Snow!*

**FOR IMMEDIATE RELEASE
October 1st, 2019**

Kimberley, BC – The Kimberley Nordic Club hosted 48 athletes, 6 coaches, and 10 volunteers from September 27th to 29th for the Teck Regional Fall Dryland Camp. The fluffy white stuff even graced us with its presence, which got everyone in the spirit of the upcoming on snow season!

This camp was super fun, with a wide range of athletes from around the region, as well as some of our southern neighbours, challenging and growing together as one large team. The busy weekend included; running drills, movement skills, roller ski agility courses, time trials, scavenger hunts, indoor climbing, and some long slow distance.



Through all of the activities the kids were challenged at every age to become smarter, stronger, and better athletes all while still engaging as a team and having fun.

A big thank you to all of the athletes, coaches, and volunteers for making this camp a huge success and to Teck Resources Limited for continuing to support all of our athletes and regional camps.

Now let's keep doing the snow dance as we're all ready for winter and some on snow adventures!



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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