

**Regional Camp
Okanagan**



Teck

Teck Regional Fall Dryland Camp #1 (Okanagan Region) *Fun at Camp Dunlop!*

**FOR IMMEDIATE RELEASE
September 18th, 2019**

Kelowna, BC – The weekend of September 13th to 15th brought 45 athletes, 12 coaches and numerous volunteers from around the Okanagan to the Teck Regional Fall Dryland Camp #1 at Camp Dunlop. Camp Dunlop is a Scouts Canada Camp which offers significant opportunities as a home base for a Training Camp.

Guest speaker and former BC Ski Team athlete, Alex McDonald, spoke to the athletes about how positive an experience staying in cross country skiing through to post secondary has been in his life. Alex also talked about the many opportunities he has been given in this sport for life, including racing in Europe which he compared to those competing at Nationals for the first time this year.



The weekend was full of activities; presentations from mentors, leaders and sport experts, runs, hikes, games, roller skiing, technique sessions, a team adventure strength challenge, many unsanctioned games of man hunter and so much more. We also can't forget the evening camp fires with live music and a talent show!



There was plenty of rain overnight but held off for the majority of the training camp. Thank you, Mother Nature, the good weather during the day allowed for older skiers to do some roller ski training and sprint racing a long side the younger athletes including a relay race.

Camps like this show so much amazing talent and it's really exciting to see that there are so many great coaches and athletes coming up in the Okanagan.

The camp would not have been possible without the assistance of a great group of coaches, parent helpers and volunteers; thank you all for your enthusiastic support and hard work! A big thank you to Teck Resources Limited for supporting all of 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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