

**BREAKING** Curlers training to rock in Penticton

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## Bulkley Valley skiers at BC Winter Games



BC Winter Games Zone 7 cross country ski team poses for a photo at the Nordic Centre. — Image Credit: Xuyun Zeng


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by [Xuyun Zeng - Smithers Interior News](#)

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Zone 7's head coach for cross-country skiing has one tip for our athletes preparing to go to the BC Winter Games: get lots of sleep.

"That's key, that's true," said Sandra Nash.

"Because they're skiing quite often, so they need to get their rest to stay fresh," added assistant coach Adrian de Groot.

The Bulkley Valley Cross Country Ski Club sent Jesse Smids, Zoe Hallman, Rachel Cuell, Mia Recknell, Aiden Murphy and Jacob de Groot to Kelowna Feb. 25-28 to compete in the Games.

They were chosen after placing top two in their category in the Jan. 2 tryouts at the Bulkley Valley Nordic Centre, and will compete in classic, skate and mixed-gender relay races on different days.

De Groot and Nash believe they will be challenged by Zone 2, where Salmon Arm and Vernon are located.

Nash also sees the Games as a social event.

"The kids, they've gotten to know some of those athletes in those other Zones already, so they're familiar faces. They're competitors but we're also getting to know them, so becoming friends with them too."

Skiier Mia Recknell agreed.

"I'm really excited about it," said Mia Recknell. "We get to meet lots of other racers, and there's time where we get to spend time with them and the race is going to be really fun."

*Read the full story in the Feb. 24 edition of The Interior News.*

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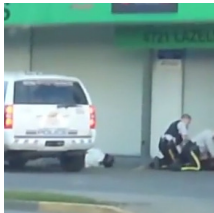
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