

## Good vibes on Vancouver Island

FOR IMMEDIATE RELEASE

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(Campbell River, BC) - The Vancouver Island Teck Regional Spring Camp was a huge success. Although typically an on snow camp, due to the lack of snow this was not possible. The multitude of challenging and fun activities packed into the weekend more than made up for the lack of snow. Held at Strathcona Park Lodge on the shores of Upper Campbell Lake, central Vancouver Island, 43 athletes and 6 coaches enjoyed great weather, great food and a pile of super fun activities.

Highlights included the high ropes course, zip line and tree climb activities and two yoga sessions with Strathcona Park Lodge staff. Training sessions included a long distance run, strength and agility, visualization, goal setting and the ever



popular camp relay. This year, the camp relay consisted of water based activities and included a canoe lesson for all athletes from master canoe instructor, Jamie Boulding. Races in freighter canoes, tandem canoes and stand up paddle boards we're all part of the fun. Good times, great training and an awesome experience we're had by all.

The Teck Regional Camp organizers and the Strathcona Nordic Ski Club would like to thank all of the athletes, volunteers and Teck Resources Limited for making it a successful one!

*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 for the future. For more information on Cross Country BC, please visit [www.crosscountrybc.ca](http://www.crosscountrybc.ca).*



**Teck**

