

## **Kootenay Region Hopes for Growth in Cross Country Ski Numbers**

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FOR IMMEDIATE RELEASE

*(Kimberley, BC)* – The Kootenay Region is trying to stimulate growth in youth cross-country skiing thanks to an innovative program known as the Teck Regional Camp series. These camps bring together youth cross country skiers in each of the five regions in BC to train and socialize at an important part of their development phase.

The Teck Regional Camp in the Kootenays took part last weekend in Kimberley, BC and incorporated clubs and athletes from as far away as Fernie and Rossland. The coaches were busy harnessing the positive energy and enthusiasm for sport of the 18 participants.

The camp included an East Kootenay vs. West Kootenay game of Ultimate Frisbee, which was the highlight for many of the participants. “The friendly rivalry and positive energy generated in fun games like those, really inspire our athletes to keep training hard for the ski season during the dark months,” said camp coordinator, Paul Freeze.

“The athletes definitely enjoyed the longer hike we did on Sunday, despite some cold toes,” noted Freeze. “We hiked up high into the alpine and found snow that was knee deep in places. It certainly gets the excitement for ski season high!”

Cross Country BC, the provincial sport governing body for cross-country skiing in British Columbia is a non-for-profit, club-based organization of more than 17,000 members. Cross Country BC 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 Ltd. is the title sponsor of Cross Country BC'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](http://www.crosscountrybc.ca).

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**Teck**

