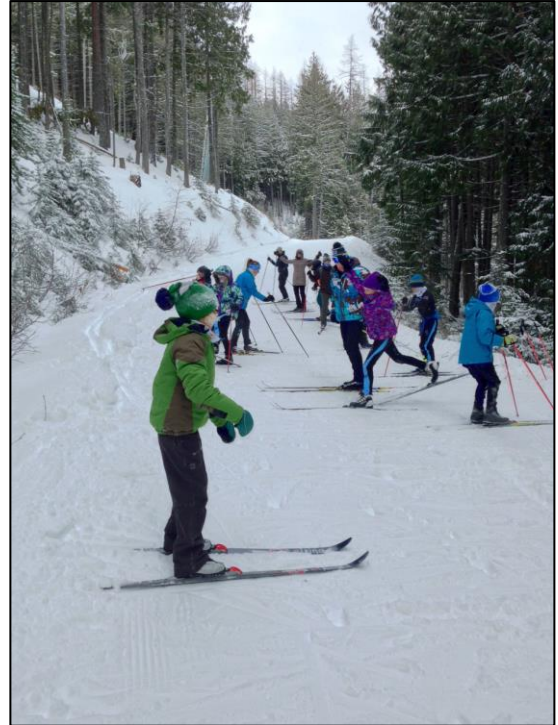


Kootenays: A Bunch of Keeners

(Fernie, BC) – Mixed weather patterns and small numbers did not deter the success of the first Teck Regional Camp hosted by the Fernie Nordic Society. On Friday night, shortly after the camp began, it was pouring rain then by 9pm it had turned to a cold, snowy blizzard outside. That evening the athletes discussed the importance of a "team" followed by some yoga. When all the coaches and kids woke up Saturday morning there was 50 cm of new snow on the ground with drifts that blocked most of the shuttle drivers in their driveways. Callaghan Valley Training Centre Head Coach, Chris Manhard, took the athletes through the paces as they worked on offset, 1 skate and 2 skate. Four of the older athletes were enjoying it so much they stayed out through part of the lunch break to work on their one skate. Saturday ended with some free skating and an obstacle course that got the kids sweating despite the cold temperatures. Back in the warmth of the Elks Hall the athletes learned the basics of glide and kick waxing.



Sunday we awoke to the smell of pancakes and temperatures below -25. Despite vehicles getting stuck and equipment breaking due to the cold, our athletes learned some classic technique skills and tried to stay warm with lots of hand warmers and constant moving.



Overall, the coaches felt like this was the perfect way for the Kootenay athletes to kick off their season and having the help of Chris Manhard added plenty of value. Chris stated *"considering this was Fernie's first-ever Teck Regional Camp it was a huge success and I left with positive feedback from the athletes"*. The camp could not have run without the dedicated parents, volunteer helpers, coaches and Teck Resources Limited.

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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 Ltd. 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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