

FOR IMMEDIATE RELEASE
DECEMBER 30TH, 2014

Fun, Fun, Fun in the Island Sun

(Courtenay, B.C.) - A pre-Christmas dump of snow, excellent cold (for the island) conditions and mostly bluebird skies made for a fantastic Teck Regional On-Snow camp held at Mt Washington December 27-30. Fifty-five athletes participated in a variety of activities including the annual classic team relay, ski-athlon and the new and very popular hill climb/slalom team relay race.



We were fortunate to have the assistance of Callaghan Valley Training Centre Head Coach, Chris Manhard, for a portion of the camp. In addition to working with the various race team groups Chris lead the whole group in a series of fun and challenging dynamic drills, agility activities and a super series of sprints. The words: "Can we do that again" was a constant refrain for the remainder of the camp!

In addition to on-snow training and activities athletes also gained considerably from a series of visualization and mental skills training sessions and are looking forward to applying those skills to upcoming races including the Teck BC Midget Championships which are being hosted by SNSC and Mt Washington, Feb 7-8, 2015.

Many thanks to all coaches, parents, helpers for a fantastic camp and well-done athletes!



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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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