

Cold not a Concern for Northern BC Skiers

(Smithers, BC) - From Nov 28th to 30th, 35 athletes from Williams Lake to Kitimat came together to participate in the Teck Northern BC On-Snow camp hosted by the Bulkley Valley Cross Country Ski Club in Smithers. Athletes ages 8-15 were in attendance and battled the coldest weather the region has seen this season. With Temperatures hovering around -25, you would expect these young skiers to crave the indoors but that was not the case. Aside from some traiside leg and arm swinging to get the blood flowing again, training sessions went as planned. Much of the camp's success was attributed to special technique sessions which kept the athletes moving. A special visit from a former racer/physiotherapist to work some body awareness and balance and agility was also included in the weekend. The final day of camp focused on sprint racing which included a mini sprint course, barrel racing, and figure 8 races. After working hard (and surviving the cold) the athletes were treated with a visit to the local pool. Needless to say, it was a little bit difficult to get up on Sunday morning.



A big thanks to Teck Resources Limited, Outdoor Essentials, Bulkley Valley Cross Country Ski Club, Nellie Dow, all the parents and coaches that contributed to make this camp a huge success!



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 for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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