

**Regional Camp  
Coast**



**Teck**

## **Teck Regional Snow Camp (Coast VI Region) *Jam Packed with Fun!***

**FOR IMMEDIATE RELEASE**

**January 9, 2020**

**Mt. Washington, BC** – What better way to spend the time between Christmas and New Year than skiing with all your friends! The Teck Regional Snow Camp hosted by Strathcona Nordic Ski Club on their home trails of Mount Washington offered just that to 55 athletes and coaches, including a contingent of athletes and families from Vancouver and even Prince George.

The camp was jam packed with FUN, including a Lantern Ski for participants (and their families), two technique sessions, a relay or two, the Zone 6 BC Winter Games Trials, a fireside chat with alum Avalon Wasteneys and agility challenges galore.



*Photo Credit: Kurt Galik*



*Photo Credit: Sophia Sauter*

This camp is always a great opportunity for athletes across ages to ski together and learn from each other, especially for younger skiers to see what is possible when watching older athletes. It was particularly inspiring to have Avalon Wasteneys, alum and now a member of the Canadian National Rowing Team, speak to the group. Avalon's encouragement to be consistent in training and be a good competitor and teammate while also making sure to have fun along the way was great advice and enthusiastically received by this group of up and coming athletes.

No camp would be possible without a great group of coaches, thank you coaches for making it a super event and to our guest coaches David Li from Hollyburn Ski Club in Vancouver and Graeme Moore from Caledonia Ski Club in Prince George for adding a truly regional feel! Thank

you also to the dedicated team of parents and club members who organized and ran the Zone 6 BC Winter Games Trials and club race. Thank you for your volunteer time and commitment to the club. A big thank you to Teck Resources Limited for supporting all of our regional camps.



Photo Credit: Kurt Galik

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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 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 future.*

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



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