

## Teck Regional Snow Camp (Northern Region) *Good Times on & off Snow!*

**FOR IMMEDIATE RELEASE**  
**December 18<sup>th</sup>, 2019**

**Smithers, BC** – It was another fantastic snow camp in the north over the weekend, with enough snow to enjoy the trails and challenge the skiers! With a great support network of coaches and parent volunteers, there was plenty of fun and hard-work for all participants.

46 young skiers, ranging in age from 8 to 14, came from across the Highway 16 corridor; Snow Valley Nordics from Terrace, Nechako Nordics Ski Club from Vanderhoof, Caledonia Nordic Ski Club in Prince George, Williams Lake Cross Country Ski Club, and plenty of youth from host club Bulkley Valley Cross Country Ski Club in Smithers.

Visiting coach Matt Smider from Revelstoke Nordic Ski Club was a special guest who helped to inspire the masses and meet with local coaches and older athletes for higher level instruction and guidance. He spurred on the many kids with great warm-up routines and fun both on-snow and off-snow. The dedicated local coaches also put in many hours with the young crew to help maintain an atmosphere of fun and learning to



help improve technique, fitness, bonding and understanding for the life-long ski perspective and potential future racers.

The obvious emphasis was plenty of snow time to get instruction on technique, endurance, breathing, strategy, focus, and fun with relays and time trials. The snow conditions were great to expand upon skills for classic and skate skiing, and the temperatures were brisk but fantastic for outdoor activity. There was a lot of good times off snow too; from swimming to hip-hop class, a talent show, socializing, and eating great food!

None of this would have been possible without the tremendous work of parent volunteers in the kitchen and in the lodge, particularly Paula Bartemucci and Tamara Gillis preparing and serving healthy food and snacks to fuel the athletes and coaches. And certainly, nothing would be skiable without the hard work of the grooming team, making crisp trails. A big thank you to everyone who volunteered their time to cook, drive, chaperone and so much more, thanks to Teck Resources Limited for supporting all our regional camps.



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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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