

Regional Camp Okanagan



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Teck Regional Fall Dryland Camp #1 (Okanagan Region) *Smoky Skies Shorten Camp!*

FOR IMMEDIATE RELEASE

September 16th, 2020

Kelowna, BC – Amazing weather greeted skiers and coaches from across the interior on Saturday, September 12th with clear skies and hot temperatures. Skiers started the day with agility and technique focused roller ski sessions. The older groups of skiers also skied up to Telemark from Glenrosa. There were even opportunities for some fun sprints on one of the dead-end roads along the way.

After lunch BC Ski Team athletes, Ian Mayer and Garrett Siever, gave a presentation on opportunities that skiing has provided them, “The National Championship Experience” and best practices for young skiers.



The Best Practices for Young Skiers included:

- Time management
- Getting homework done effectively
- Life balance
- Pre-race food
- Nutrition for skiing and good grades
- How skiing has positively impacted grades at school
- The importance of sleep and how nightly screen time negatively impacts that
- Focus and deliberate practice

This was followed by a hill bounding technique session where older skiers were able to mentor younger skiers. The final official activity of the day was a team orienteering challenge with a strength component worked into each control station.

Unfortunately, the weekend camp activities ended at that point. Overnight heavy forest fire smoke rolled in from Washington State. The in-town smoke Air Quality Index was moved up to “Very High Risk.” The smoke was not quite as bad at Telemark but the decision was made to

officially cancel the Sunday training sessions. A big thank you to Teck Resources Limited for always supporting all of the regional camps.



For more information, please contact:

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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.



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