

**Regional Camp
Coast**



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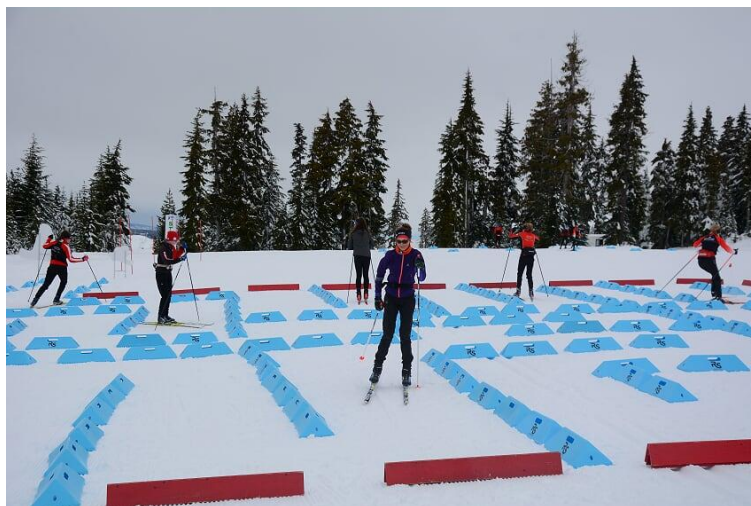
Teck Regional Snow Camp (Coast VI Region) *Ploughing Through the Snow!*

FOR IMMEDIATE RELEASE
January 7th, 2021

Courtenay, BC – From bluebird to blizzard, a keen group of more than 40 junior athletes enjoyed three days of Teck Regional Snow Camp fun at Mt Washington over the holidays!

Day one, under bluebird skies, saw the older athletes lead technique skills and drills for the younger athletes before they ventured off to do some hill climbing and downhill skills work.

Day two, the neutral weather day, was perfect for a full camp Agility Festival. Skiers enjoyed a series of stations including a variety of sprints, cornering challenges, single skiing, backward skiing, lateral hopping, 360s, figure eights, rollers, slalom gates and the giant maze, which seems to get bigger every year, thanks to Kurt Galik and helpers! The older athletes led the way demonstrating the skills to groups of younger athletes before being challenged to an Agility Festival all out sprint.



The final day of camp, the blizzard day, saw a very hearty group of athletes, ploughing, literally, through a massive dump of snow, create their own classic tracks and complete the camp with a Marmot Flats time trial - maybe not a time trial for the record books, but certainly one for the memory of an epic adventure!

Many thanks to all the coaches and parents that made the camp possible, safe and so much FUN, especially in these challenging times, and also thanks to Teck Resources Limited for their continued support of the Regional Camp program.



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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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