

Okanagan Splendor at recent Teck Regional Camp

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(VERNON, BC) Got to love it when you have a chance to be in the North Okanagan for a weekend of ripping around the trails with friends! In total, 35 athletes took part in the recent Teck Regional Fall Dryland Camp which took place in Vernon on September 11-13. This year's camp was a true 'camp', with the accommodation being tents and trailers at Ellison Provincial Park on Lake Okanagan.



Credit: David Webster

Athletes and their families enjoyed the relaxed setting and took full advantage of the trails, lake and flat grassy playground area. Friday evening, after all campers had settled into their sites, was filled with some good laughs during an mentally challenging icebreaker game, followed by yoga.

For older athletes, roller skiing was on the menu for Saturday morning. The athletes enjoyed the smooth pavement and rolling roads of Coldstream. During the same time, younger athletes were led through a series of strength stations and Coldstream Elementary.



Credit: David Webster

Saturday afternoon was a full schedule back at the campground. Older athletes were put through a vigorous strength workout, then were joined by the younger athletes for an adventurous game of "Vikings" down by the beaches. The day was capped off with a "protect the egg" engineering challenge and s'mores with lots of laughs again and coach Adam getting the worst of the 'yolk'.

Sunday morning was eased into with some gentle, and much needed, activation stretching. A good network of running trails provided a nice mix

of terrain for our run/hill striding workout which lasted 2-3 hours. All athletes and their families ended the camp with smiles, having learned some good things and got their share of training and fresh air.

The athletes and coaches would like to thank Teck Resources Limited and Cross Country BC for their support, as well as Sovereign Lake Nordic Ski Club and of course all of the volunteer and parent coaches that helped out over the weekend.

For more information, please contact:

Cross Country BC

Dudley Coulter

250-545-9600

adcoord@crosscountrybc.ca

Sovereign Lake Nordic Ski Club

Darren Derochie

250-558-3036

coach@sovereignlake.com

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



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