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## SPORTS

# Skiers make big improvements in ideal conditions at Teck Regional camp



Strathcona Nordic Ski Club held a Teck Regional cross-country ski training camp on Dec. 27-30. — Image Credit: PHOTO SUBMITTED

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by Contributed - Comox Valley Record  
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Strathcona Nordic Ski Club held a Teck Regional cross-country ski training camp Dec. 27-30 on Mount Washington.

With bluebird days following a dumping of fresh powder, over 62 ski racers and eight coaches from around the region could not have been happier.

The camp kicked off with some of the best classic skiing conditions Island residents have seen in years – blue and green grip wax. These conditions made for an excellent opportunity to improve classic race technique, including a team relay which saw younger racers paired with the older ones.

Strathcona Nordic Ski Club head coach Andrea Stapff was pleased with the eagerness of the athletes and the improvement made throughout the training camp. “The relay race really put things into perspective for both our younger and older athletes. The younger ones got to see high-performance racing firsthand, while the older ones see all of the up-and-coming talent.”

Other activities during the camp included downhill technique sessions, backcountry skiing in the fresh powder for younger athletes, a series of three mental skills sessions for the older athletes and plenty of one-on-one technique improvements for everyone.

The camp concluded with an athlete-parent social and a delicious potluck brought together by parents and volunteers.

“Many thanks go out to the parents, helpers and Teck Resources Limited for making this camp possible,” an event spokesperson said.

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