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FOR IMMEDIATE RELEASE

Regional Skiers Soak up the Okanagan Sunshine

(Vernon, BC) – The beautiful North Okanagan area proved to be a favourite yet again amongst the Okanagan’s best young cross country skiers. The sun was out in full force this weekend as the skiers set out for runs, multiple roller ski sessions, swimming and plenty of games.

With 52 athletes and 8 coaches in attendance, the recent Teck Regional Fall Dryland Camp (Okanagan Region) was a huge success. The task at hand last weekend was simple: get faster. With Winter just around the corner, these young athletes couldn’t be happier to train together and work with new

coaches. Clubs from Kamloops, Salmon Arm, Vernon and Kelowna we’re present. The favourite workout amongst the athletes was the “run ‘n’ dip”, which involved a long run at Kalamalka Provincial Park with dips in the lake whenever they could access it. One of the skiers in attendance, Grayson McKinnon of Telemark Nordic Club in Kelowna, said *“jumping in the water and running was my favourite workout, I had never done anything like that before and the run seemed to go by very fast even though it was quite long!”*. Darren Derochie, Sovereign Lake Nordic Club Head Coach, mentioned *“if the energy of the kids the first night was an indication of how excited they we’re to be there, then the silence by 9:00pm the second night shows how hard they we’re working”*.



Athletes complete the “run’n’dip” at Kalamalka Provincial Park.



Overall, last weekend’s sunny Teck Regional Camp was a success. The coaches all agree that this was a great indication of what is to expect of these talented young skiers in the future. A big thanks goes out to all of the coaches, volunteers and parents for their support. We would also like to thank our title sponsor, Teck Resources Ltd.

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Teck

