

**Regional Camp  
Coast**



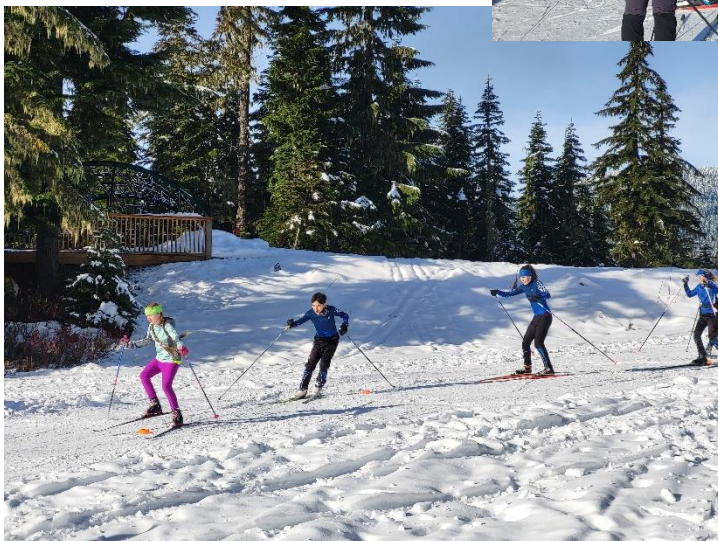
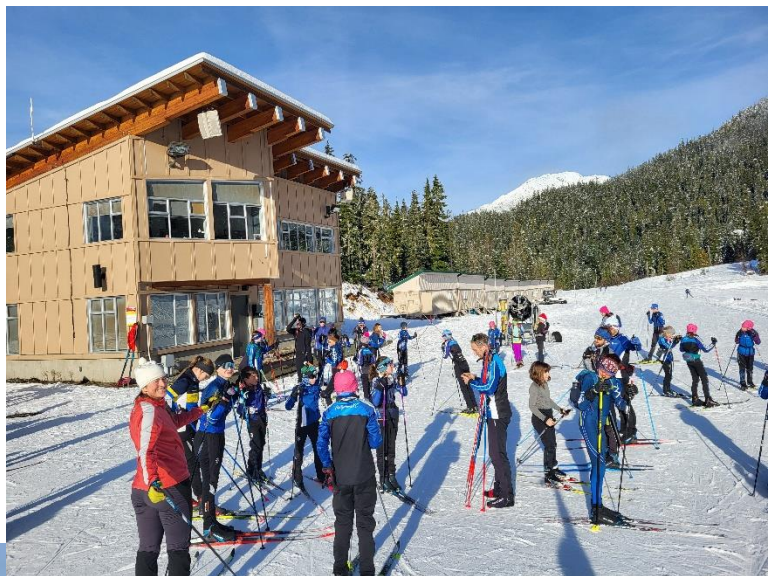
**Teck**

## **Teck Regional Snow Camp Report (Coast Region)** ***Action Filled Cross Country Ski Camp***

**For Immediate Release**  
**December 4, 2024**

The November 29 – December 1, 2024 Teck Regional Snow Camp brought together 58 athletes from all of our local clubs, including Hollyburn Cross Country Ski Club (North Vancouver), Sea to Sky Nordic Ski Club (Squamish), Whistler Nordic Ski Club, and Spud Valley Nordic Ski Club (Pemberton). Over the three days, skiers stayed at the Athlete's Lodge in Cheakamus and skied at the world-class facilities at Whistler Olympic Park, benefiting from its early season grooming and fantastic facilities.

The camp focused on enhancing the technical skills and endurance of the athletes while building connections between the clubs. All athletes participated in both classic and skating technique sessions, and the coaches worked closely with small groups, offering individualized feedback and lots of



encouragement to them. As a bonus, Chris Manhard, the head coach of the BC Ski Team, volunteered his coaching expertise all day Saturday to the older athletes, and they enjoyed their comprehensive training session with him. The 17 coaches that volunteered their time for the camp facilitated not only technical development, but also mentorship, and they inspired the athletes with their expertise and passion for the sport.





Participants left the camp with increased skill, greater endurance, and new friendships, as well as feeling motivated for the competitive season. This camp served as a testament to the strength of the local skiing community, showcasing the region's talent while nurturing a culture of collaboration and excellence. It successfully laid the groundwork for continued growth and success in cross country skiing.

The camp also encouraged connections among athletes and coaches from different clubs, fostering a sense of community and shared purpose within the region's cross country skiing network. Many participants noted the motivating atmosphere and appreciated the opportunity to learn from experienced coaches and peers. Special thanks to Whistler Athletes Center, Whistler Olympic Park, Teck, and all of the amazing volunteers and coaches for making this camp a great success!



For more information, please contact:

Cross Country BC

Lindsey Olineck

[adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca)

Whistler Nordics

Maria Lundgren

[coaching@crosscountrybc.ca](mailto:coaching@crosscountrybc.ca)

*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 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](http://www.crosscountrybc.ca).*



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