



2026 Teck Northern Regional Dryland Camp

Young Nordic Skiers Make the Most of Labour Day Long Weekend at Dryland Camp

**For Immediate Release
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Prince George, BC, September 4- 7, 2026 — Fifty-two young cross-country skiers from the north spent the Labour Day long weekend training, learning and having fun at a Teck Northern Dryland camp in Prince George. The camp brought together athletes from Caledonia Nordic Ski Club, Bulkley Valley Cross Country Ski Club, Nechako Nordics and Omineca Ski Club. Athletes were coached throughout the weekend by Caledonia coaches Ali Cadell and Tuppy Hoehn, Bulkley Valley coach Andrea Stapff, visiting CCBC coach Zach Hill, and club coaches from the participating clubs.



The extra day this year was a big bonus. Normally, the camp has just one full day of programming, but the Labour Day holiday gave athletes an additional full day together. And they made good use of it!



The weather cooperated too, with beautiful blue skies and warm conditions throughout the camp. There was plenty more than training on the schedule. Athletes also took part in yoga, disc golf, gaga ball and other games, while education sessions covered topics important to young endurance

Athletes took part in ski technique sessions, distance and sprint roller skiing, running and hiking in Eskers Provincial Park, and agility and balance activities. The camp also gave athletes the chance to train on Caledonia's spectacular roller ski track, which was a highlight of the weekend.



athletes. Dr. Christine Brenckmann spoke with athletes about iron and endurance sport, while Coach Zach led a session for parents about changes to competition pathways and the role parents play in supporting their athletes as they develop in the sport.

With athletes ranging in age and experience, the camp was also a chance for skiers from different clubs to get to know each other and train together. The extra day gave the



group time to fit everything in with more training, more education and more opportunities for athletes to connect. It was a full weekend and a great way to kick off the dryland season.

Thank you to the all the coaches, parent volunteers, and food crew for a fun and delicious weekend!

The Teck Northern Dryland Camp is part of a series of regional training opportunities supported by Teck and CCBC, aimed at developing cross-country skiers at all levels while building strong club connections across the province.



Photo Credit: Tuppy Hoehn, Robin Ditto, Shawn Botten

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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 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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