

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast VI Region) *Nordic Trails in Amazing Fall Colours!*

FOR IMMEDIATE RELEASE
September 30th, 2021



Courtenay, BC – Vancouver Island's Mount Washington Resort was the location of another successful Teck Regional Fall Dryland Camp on September 25th and 26th. 49 athletes and nine coaches participated, with representation from across the island - from Victoria to Campbell River.

Under sunny skies and warm temperatures, the first morning of the camp consisted of a skate roller ski hill climb time trial for older skiers, a double pole roller ski time trial for younger skiers and an introduction to roller skiing for a new group of Track Attackers. It was great to see the enthusiasm and big smiles on those trying roller skiing for the first time. The first day ended with a ski striding technique session, sprint relays and various group games.

On day two, with much cooler temperatures and the mountain shrouded in fog, coaches kept athletes active and engaged in a full morning scavenger hunt/adventure run. The stations were spread over the upper and mid-level cross country ski trails, which happen to be resplendent in amazing fall colours right now. Fall colour gazing aside, athletes went through a series of strength exercises at each station and collected letters for the word scramble game which was an added element to the activity this year.

Many thanks to the coaches and parents that helped make this camp so successful, once again. As always, a big thank you to Teck Resources Limited for their ongoing commitment to our Regional Camp programs and skier development.





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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 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 future.

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



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