

Teck Regional Fall Dryland Camp (Okanagan Region) *Showers Did Not Dampen Spirits!*

FOR IMMEDIATE RELEASE
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Kelowna, BC – Amazing weather greeted 65 athletes and 16 coaches from across the interior on Saturday, September 11th with clear skies and warm temperatures. Skiers started the day with agility and technique focused roller ski sessions. The older groups of skiers also skied up to Telemark from Glenrosa. There were even opportunities for some fun sprints on one of the dead-end roads along the way.

After lunch BC Ski Team athletes, Breagh Bridge and Garrett Siever, gave a presentation on opportunities that skiing has provided them, “The National Championship Experience” and best practices for young skiers.



The Best Practices for Young Skiers included:

- Time management
- Getting homework done effectively
- Life balance
- Pre-race food
- Nutrition for skiing and good grades
- How skiing has positively impacted grades at school
- The importance of sleep and how nightly screen time negatively impacts that
- Focus and deliberate practice

This was followed by a hill bounding technique session where older skiers were able to mentor younger skiers. The final official activity of the day was a team orienteering challenge with a strength component worked into each control station.

Athletes who chose to stay and camp near the Telemark lodge had lots of fun before bed time including “man-hunt tag” and tossing a frisbee.

There were some showers overnight but they did not dampen any spirits for Sunday morning. The morning started with the Adventure Run mission which took all skiers to some Telemark lookout locations with four groups of differing speeds and abilities. The younger groups returned

to the stadium early for strength and games, while the oldest group ran to additional lookout points. Overall, a great weekend for everyone. A big thank you to Teck Resources Limited for always supporting all of the regional camps.



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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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