

## Teck Regional Snow Camp (Kootenay Region) *Reaching the Summit!*

**FOR IMMEDIATE RELEASE**  
**December 1, 2021**

Panorama, BC – November 26<sup>th</sup> to 28<sup>th</sup> turned out to be a great weekend for cross country ski fans during the annual Teck Regional Snow Camp. BC Talent Squad Head Coach, Andrea Stapff, took the lead on this camp and brought with her some great strength and balance activities during Friday night's team building activities. A game of Ultimate Man Tracker wrapped up the evening, which was enjoyed by all!

Saturday had everyone loading up with skate skis and reaching the summit of Panorama. At over 2,300 meters the views were spectacular on this beautiful clear November day. Temperatures of -5°C with a slight breeze made the day very comfortable even at that high elevation. A few of athletes were brand new to skate skiing and managed to climb the 2-kilometre trek from the Panorama summit to Goldie Plateau, job well done! After a quick snack, athletes were separated into groups based on ages and abilities and explored the plateau while playing games and drills. After lunch, Coach Christine kept the newer skiers busy



with lots of games while each of the other coaches set up stations for the groups to rotate through. Finally, after the last rotation there was time for group photos and the biggest game of British Bulldog in the Kootenays!



The rainy forecast on Sunday did not allow us to ascend to the summit, so Panorama groomed in a few kilometres of track along the Greywolf Golf Course cart paths. A Cross Country BC Waxing Clinic was also being held at Panorama and those participants offered to prepare all of the skis for our warm and rainy day. The rockstar waxers prepped over 60 pairs of skis in less than 30 minutes, kudos to that team! Each of the coaches took a group to explore on their "hairy" classic skis. By noon on Sunday, everyone was ready to be wrung out and prepare for departures to the various Kootenay homes. All 56 athletes came from clubs in the Kootenays; Fernie, Kimberly and Toby Creek.

Thanks to the 8 coaches and 20 helpers who made this camp possible and to Teck Resources Limited for always supporting the Regional Snow Camps and keeping the athletes warm in their awesome toques!



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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 27,000 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](http://www.crosscountrybc.ca).



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