

Teck Regional Fall Dryland Camp (Okanagan): A Great Start!

FOR IMMEDIATE RELEASE
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KELOWNA, B.C. – The Teck Regional Fall Dryland Camp held September 14th to 16th at Camp Dunlop provided a great start to the season! 2018 Paralympic Medalist, Emily Young, spoke to the group on how being involved in sport has had a positive impact on her life, and why a positive attitude is the best way to be successful in sport.



A number of 15 to 16 year old boys from the Telemark racing team played a significant role as leaders, mentors and sport expert presenters. This included (1) building/leading the skiers through two skills and an agility development roller ski course, and (2) a presentation on opportunities that skiing has provided them, “The National Championship Experience” and “Best Practices for Young Skiers”. The latter included:

1. Time management
2. Getting your homework done effectively
3. Life balance
4. Prerace food
5. Nutrition for skiing and good grades
6. How skiing has positively impacted their grades at school
7. The Importance of sleep and how screen time in the evening negatively impacts that
8. Focus and deliberate practice





The camp agenda included a Run Hike, Volleyball Tournament, Team Adventure Strength Challenge, Roller Ski Relay Racing, Hill-Bounding Technique Session and physically active games such as a version of Predator and Prey which had Omnivores, Carnivores

and Herbivores, a Team Adventure Strength Challenge which required the teams to find stations by navigating with a map (each station had a significant challenge with elements of fun and/or team building plus a strength exercise before proceeding to find the next station) and many, many unsanctioned games of Man Hunter.

In addition, a number of older athletes did their roller ski training alongside the 9 to 14 year old skiers, and even did a relay race with some of them. These athletes, which included National Team member, Gareth Williams, and National Junior Team member, Tallon Noble, also did some sprint racing on roller skis, which the younger skiers were able to watch.

There was even a camp fire with live music. The camp was attended by 12 coaches and 48 athletes from Sovereign Lake Nordic Club, Williams Lake Cross Country Ski Club, Nickel Plate Cross Country Ski Club and Telemark Nordic Club.

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



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