

Teck Regional Fall Dryland Camp (Okanagan): Weekend-long Rain Events Test Athlete Grit

FOR IMMEDIATE RELEASE
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REVELSTOKE, B.C. –

From September 21st – 23rd the Revelstoke Nordic Ski Club hosted 48 athletes and 15 coaches at our Teck Regional Dryland Camp at Blanket Creek Provincial Park, 25km south of Revelstoke. The two adjacent 50-person group sites allowed for everyone to stay in a central location and the 60ft x 20ft tent setup provide kitchen facilities, a meeting location and most importantly, shelter from an impressive weekend-long rain event.



On Friday evening, campers pitched tents between intermittent bouts of precipitation and engaged in team building activities lasting well into nightfall.



Saturday morning saw our youngest skiers test their roller ski skills on a slick obstacle course throughout the several kilometres of quiet, freshly paved road at Blanket Creek. Older skiers travelled a short distance to the rolling terrain along Begbie Road where they focused on technique development and speed work. After the BBQ lunch and marginally successful attempts at drying clothing, skiers took part in a strength and orienteering course throughout the campground. As a "cool down" activity, skiers tested

their accuracy and patience on the purpose-built, "Regional Camp Edition: 28-Hole Disc Golf Course". Saturday's dinner was spaghetti with homemade pasta sauce and farm fresh salad. After dinner, lead Regional Camp coaches Matt Smider and Eric de Nys led a Goal Setting presentation whilst the propane burners kept athletes warm and safe under the canopy.

On Sunday morning, skiers travelled to Mt Macpherson for a ski walking technique session and an easy distance run meandering throughout the Nordic and bike trails. After lunch and cleanup, tired, soggy and resilient skiers travelled to the relative warmth and comfort of home!







A big thank you to the many Revelstoke parents who helped with camp setup and takedown, ensured there were ample baked goods and prepared the superb meals. Finally, thanks to all the athletes and coaches for maintaining positive attitudes and giving solid efforts while enduring some less than desirable conditions!

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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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