



## Teck Regional Snow Camp #2 (Okanagan Region): Vernon, BC

FOR IMMEDIATE RELEASE  
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**Vernon, B.C.** - The Revelstoke Nordic Ski Club hosted a successful Teck Okanagan Regional Snow Camp at Silver Star from November 23rd - 25th. The Okanagan Region hosts two regional snow camps, with this second camp being geared towards younger athletes in the Learn to Train stage of development. 39 youthful skiers and 13 equally energetic coaches bunked hillside for the full ski-in-ski-out experience.



As always, our camp began with a Friday evening game of Capture the Flag in the village. Saturday morning saw skiers wind their way up the mountain while working on classic



technique and enjoying a rowdy game of British Bulldog. After lunch, skiers worked through an interactive session introducing race planning and visualization. Athletes developed race plans based on a set-course they had skied earlier that morning. Once back on snow, skiers dipped down to the pond to focus on skate technique. After mac n' cheese and lasagna dinners, skiers got cozy, shared bowls of popcorn and watched a big screen projection of the opening World Cup races.



Sunday morning had skiers strap on skate skis and venture back down to the pond for an eventful Ski Tournament. Four teams rotated through various stations: slalom, Norwegian handball, obstacle course and sprint relays. Post-tournament, skiers were treated to a ride on the Silver Queen lift as they took the long way back to the accommodations, where they eat lunch, packed up and headed home.

Thanks to all the parents who prepared meals and kept order in the suites and to the coaches for leading superb on-snow sessions. Thanks as well to Pinnacles and Vance Creek for hosting our energetic group. Finally, kudos to the athletes for putting forth their best effort at combining hard work and fun!

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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](http://www.crosscountrybc.ca).



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