

**Regional Camp
Coast**



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Teck Regional Fall Dryland Camp (Coast Region) *Dryland Camp Not So Dry!*

FOR IMMEDIATE RELEASE
September 18th, 2019

Whistler, BC – The weekend of September 13th to 15th brought 53 athletes, 24 coaches and numerous volunteers from around the Coast to the Teck Regional Fall Dryland Camp in Whistler! The weekend started out with athletes training at the Whistler Olympic Park all Saturday morning.



The park was alive with young athletes working on ski striding, roller skiing technique and agility. Some of the intergenerational sprints got pretty heated! The afternoon was filled with down time for recovery, homework, informal games and a round robin soccer tournament. Later in the evening, everyone was eager to fall into bed and recharge for the big day ahead.



Sunday morning started early with long runs and hikes for all. The athletes had to be well prepared for up to 4 and a half hours out in the mountains in less than ideal weather, it wasn't much of a dryland camp after all! By lunch on Sunday there were very tired athletes but incredibly happy to have spent the weekend enjoying

the great outdoors while making lots of friends and memories.

The camp would not have been possible without the assistance of a great group of coaches, parent helpers and volunteers; thank you all for your enthusiastic support and hard work! A big thank you to Teck Resources Limited for supporting all of our 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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