

**Regional Camp  
Coast**



**Teck**

## **Teck Regional Fall Dryland Camp (Coast Region) *Change of Seasons!***

**FOR IMMEDIATE RELEASE**  
**September 27<sup>th</sup>, 2023**



**Whistler, BC** – The 2023 Teck Regional Fall Dryland Camp began Friday evening with sixty-nine athletes and seventeen coaches arriving in Whistler for a weekend of roller skiing, team building and outdoor fun!

All athletes arrived with big smiles for the team meeting Friday evening, which was followed by an epic game of rock-paper-scissors tag.

Saturday morning all of the athletes made their way to the Whistler Olympic Park for some roller skiing. The younger athletes worked on technique drills on the dog loops, while the older athletes did interval training as they made their way up the access road and into the park. Once in the park the athletes did speed acceleration through the stadium while working on their cornering technique. For all of the athletes there was a focus on developing strong and efficient technique.



After a delicious lunch catered by Whistler Cooks, the younger athletes went ski striding and the older athletes did some stretching and recovery. After these sessions both groups of athletes came together for some orienteering around the Cheakamus neighborhood, where each station required a strength challenge.



After another delicious meal by Whistler Cooks athletes went to bed with tired legs and full hearts!

On Sunday morning the athletes had three options for the morning long run/hike sessions: a trip to Loggers Lake, an out and back on the Helm Creek trail or they could choose the Rubble Creek- Helm Creek Traverse. Once choices were made the athletes set out for an up to four-hour adventure of running and hiking. By lunch on Sunday everybody was tired and ready for home. All participants are already looking forward to reuniting with newfound friends at the Teck Regional Snow Camp coming up in November.



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Thank you to all the coaches, volunteers, parents and athletes for making this a fantastic weekend and to Teck Resources Limited for sponsoring the regional camps and providing the awesome T-shirts!



For more information, please contact:

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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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