

**Regional Camp
Coast**



Teck

Teck Regional Dryland Camp (Coast Region - VI)

A Little Rain Never Hurt Anyone!

FOR IMMEDIATE RELEASE

September 26, 2023

Miracle Beach, BC – Strathcona Nordic Ski Club facilitated a regional fall camp at Miracle Beach Provincial Park on Vancouver Island BC. CCBC Development Squad Head Coach Adam Elliot travelled from Kelowna, BC to guide a dedicated team of athletes and volunteer coaches through various activities, from roller ski technique, strength training, and ski striding to an adventure relay run along beautiful Miracle Beach. While the camp opened with some rain on Saturday morning, the weather didn't dampen athlete enthusiasm and they squeezed all the knowledge out of Adam they could!



Saturday morning saw the athletes skate-skiing. From those on roller skis for the first time to veteran roller skiers, all athletes got a lot out of the morning session. Younger athletes focused on balance, feeling comfortable on their roller skis, and age-appropriate ski technique; older athletes worked on improving their technique and exploring the Provincial campground on their skis.

After lunch, the rain let up, and athletes were happy to continue training in dry conditions. Younger athletes were grouped with their older counterparts to work through circuit-style stations focusing on ski striding, agility, strength, speed, and core strength. While younger athletes had some team bonding during club award presentations for the 2022-23 season, older athletes spent Saturday late afternoon improving their classic ski technique through video analysis.





After dinner, the day was capped off with a fireside chat facilitated by Adam, where younger athletes learned from their U18 BC Ski Team peers about what skiing has meant to them over the years and provided some very helpful tips around time management, appropriate nutrition, and school-ski life balance. Coaches offered insights around deliberate practice and how athletes can intentionally get the most out of themselves, helping set their training up for success. The evening ended with games and team bonding, making excited and tired athletes happy to rest up for the next day.



Sun and cloud were welcome on the warm Sunday morning as athletes finished the camp with an adventure run and relay grouped into mixed-age teams. Running around the Provincial Park, including along the sandy Miracle Beach, athletes raced in their teams to complete 9 stations filled with fitness challenges, including a group pyramid, burpees, striding, and lots of core and strength work.

A committed team of volunteers helped ensure the food and camp facilities sustained the athletes and their camping support crew. The camp facilitated many opportunities for friendship-building, collaboration, learning, training, games, and fun. A huge shout out to the army of volunteer coaches, parents, and helpers who helped make the camp successful!



A huge thank you to all camp volunteers, coaches and to Teck Resources Limited for their continued support to make CCBC Regional Camps a continued success!

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 27,000 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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