

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast VI Region) *Focusing on Fun!*

FOR IMMEDIATE RELEASE
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Black Creek, BC – The Vancouver Island/Coast region kicked off fall training with a successful Teck Regional Fall Dryland Camp at Miracle Beach Provincial Park, September 20th to 22nd. Under mostly sunny skies, 32 athletes and 8 coaches enjoyed some excellent training sessions including roller ski agility, a roller ski double pole time trial, a classic roller ski up the Mount Washington Parkway and strength & agility training.

Athletes also kept the FUN factor high with several games of tag, in numerous iterations, and the annual Miracle Beach Camp Tourney where teams vied for best in solving a puzzle, building a Lego toy, estimating a distance (without the use of measurement tools), the nuts & bolts relay and the game of Twister.



It was a great weekend of fun, working hard and playing hard. Kudos to the 'big Juniors' for the excellent leadership and role modelling during the camp.

Thank you coaches for all your efforts in the success of this camp. Thank you, parents, for your support, especially to those that helped set-up, clean-up, keep everyone hydrated and well fed and/or stayed overnight to assist with supervision. 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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