

**Regional Camp
Coast**



Teck

Teck Regional Snow Camp (Coast Region) *Early Skiing on Callaghan Gold!*

FOR IMMEDIATE RELEASE

December 10th, 2019

Whistler, BC – The Whistler Nordic Ski Club and Hollyburn Cross Country Ski Club welcomed 44 skiers to Whistler last weekend for a Teck Regional Snow Camp. The camp had athletes and coaches attending from four clubs – the Dakota Ridge Nordics (Gibsons), Sea to Sky Nordic Ski Club (Squamish), Whistler Nordic Ski Club and Hollyburn Cross Country Ski Club (North Vancouver). The group spent two nights at the Whistler Athletes Lodge next to the Whistler High-Performance Centre, and for some athletes this was their first overnight Regional Camp experience.



Maria Lundgren, Cross Country BC's Assistant Provincial Coach and organizer of the camp noted "It was a very busy and fun weekend with excellent support from all volunteers and coaches. We are extremely lucky to have access to early snow and the athletes enjoyed their time in Whistler!"



In all there was a total of ten volunteer coaches helping. The lead coach was Marcus Laube from Hollyburn Cross Country Ski Club.

The camp agenda was filled with lots of things for the athletes to do. Friday night they took part in a nutrition workshop organized by CSI Sport Dietitian Geneviève Masson, and on Saturday they worked on specific improvements in both classic and skate techniques. Saturday evening there was an indoor session organized by Whistler Gymnastics. The focus was on agility and strength, and it

also gave the athletes a fun break from skiing. Sunday included a classic technique ski session followed by team relays in the afternoon.

The objective of the camp was to get athletes on snow early, before the club programs in the region started up. That is exactly what happened, thanks to the stored “Callaghan Gold” snow at Whistler Olympic Park (WOP). The conditions were excellent on the 1.2km loop and the staff at WOP worked hard to ensure the trails were perfectly groomed for the skiers.



Head Coach, Marcus, pointed out that “The athletes showed great attitudes and enthusiasm during our four ski sessions on the Callaghan Gold trails. Beyond having a ton of fun, these camps are also a great learning and maturation experience as they ski, eat, travel and socialize together throughout the weekend.” The Whistler Nordic Ski Club and Hollyburn Cross Country Ski Club would like to extend a special thank you to all of the volunteers, to the inspiring athletes, and to the Whistler Food Co. for catering healthy meals for the training athletes.

A big thank you to Teck Resources Limited for their continued support.



For more information, please contact:

Cross Country BC
Cherielle Goad
adcoord@crosscountrybc.ca

Whistler Nordics Ski Club
Maria Lundgren
coaching@crosscountrybc.ca

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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