

**Regional Camp
Okanagan**



Teck

Teck Regional Snow Camp #1 (Okanagan Region) *Skiing on Snow is Fun!*

**FOR IMMEDIATE RELEASE
November 26th, 2019**

Silver Star, BC – The Teck Regional Snow Camp #1 that ran from November 15th to 17th was the 12th season for coach, Adam Elliot, to lead. Adam commented that “Just like the last few years we have held two different Teck Regional Snow Camps at Silver Star. This one focused on the Train to Train age skiers; 12 to 16 years old. The second camp will focus on 8 to 12-year-old skiers; next weekend”.



This year the coaches and athletes stayed at the Vance Creek Chilcoot Lodge. “Staying here was quite a good experience, everyone was close by and this helped provide a wonderful team atmosphere. The hot tub was also an added bonus!” says Elliot.

In addition to a significant amount of technique time on snow, recently retired post-secondary ski racers

Jenna Sim and Alex McDonald did classroom presentations on Time Management, Fatigue, Performance Mental Preparation, Efficiency and Effort Management for the skiers.

All of the skiing took place at Sovereign Lake Nordic. Sovereign had done weeks of preparation to provide a very high quality of grooming on near endless trail system which is unmatched anywhere in Western Canada this early in the season. The snow kept falling all weekend. When given the option of a new simplified sprint course for our Sunday Funday Competition or packing down the fresh snow the athletes voted unanimously to re-pack the original course themselves. A modified kings court competition where everyone got to compete all rounds on a super fun sprint course was



was

the result. The conditions gave a great opportunity for technique development, race simulations and FUN!

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.



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.



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