

**Regional Camp
Okanagan**



Teck

Teck Regional Snow Camp #2 (Okanagan Region) *An Energetic Group on the Mountain!*

**FOR IMMEDIATE RELEASE
December 11th, 2019**

Vernon, BC – The Revelstoke Nordic Ski Club hosted a successful Teck Regional Snow Camp at Silver Star Mountain Resort from November 22nd to 24th. The Okanagan hosts two regional snow camps, with this second camp being geared towards younger athletes in the Learn to Train stage of development. 35 youthful skiers and 14 equally energetic coaches bunked hillside for the full ski-in-ski-out experience.



As always, the camp began with a Friday evening game of Capture the Flag in the village. Saturday morning saw skiers wind their way up the mountain while working on classic technique. After lunch, skiers participated in an interactive session introducing race planning and visualization. Athletes developed race plans based on a set-course they had skied earlier that morning. Once back on snow, skiers focused on skate technique including some off-piste, powder skiing. After mac 'n' cheese and lasagna dinners, skiers got cozy, shared bowls of popcorn and watched a big screen projection of last season's World Cup Sprint Races.



Sunday morning had skiers wax up and take their classic skis down to the village where spectators gathered to watch our annual Ski Tournament. Six nations rotated through various stations; skier cross, team sprint and Norwegian handball. After culminating the on-snow session with a rowdy game of British Bulldog, athletes headed back up to camp accommodations, where they ate lunch, packed up and ventured home.

Thanks to all the parents who prepared meals and kept order in the suites and to the coaches for leading superb on-snow sessions. Thanks, as well to The Pinnacles

Suites for hosting this energetic group. Kudos to the athletes for putting forth their best effort at combining hard work and fun! Finally, a big thank you to Teck Resources Limited for always supporting all of the regional camps.



For more information, please contact:

Cross Country BC
Cherielle Goad
adcoord@crosscountrybc.ca

Revelstoke Nordic Ski Club
Matt Smider
coach@revelstokenordic.org

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.



Teck

