

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast Region) *Jampacked Full Day of FUN!*

FOR IMMEDIATE RELEASE

October 13th, 2020

Whistler, BC – On September 27th, fifty-four athletes took part in the Teck Regional Fall Dryland Camp (Coast Region) hosted by Hollyburn Cross Country Ski Club at the Whistler Olympic Park. There were also sixteen coaches and volunteers making sure the athletes were looked after. Due to COVID regulations it was organized as two totally separate camps. The younger athletes were centred at the Cross-Country Stadium and the older ones at Biathlon.

In the morning, everyone was roller skiing. Some of the older athletes skied up the long road to WOP while others skied on the Biathlon paved trails. The younger athletes did a combination of technique stations and agility courses at the “Dog Loop.” All the athletes challenged themselves to improve their technical abilities while not forgetting to have a lot of laughs.



After a brief lunch break, the athletes and coaches got to work on the afternoon activities. The younger group did an uphill hike to a lake high above the Cross-Country Stadium. They were excited to see a decommissioned mine at the small lake. The older athletes did a warm up run and dynamic stretching followed by a challenging ski striding relay on hilly biathlon trails. The excitement and fun were reminiscent of Teck BC Championships as the athletes were divided into three person teams and everyone did multiple legs.

When the parents returned to pick up the athletes later in the afternoon, they found a group of tired but happy athletes. Everyone had challenged themselves to develop their training techniques and push their physical limits. Thanks to all the coaches, Cross Country BC and Teck Resources Limited for sponsoring the camps and the awesome T-shirts!



For more information, please contact:

Cross Country BC
Cherielle Goad
adcoord@crosscountrybc.ca

Hollyburn Cross Country Ski Club
Jake Weaver
biweaver@shaw.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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