

**Regional Camp
Coast**



Teck

Teck Regional Fall Dryland Camp (Coast VI Region) *When the Rain Stays Away, the Kids Will Play!*

FOR IMMEDIATE RELEASE

October 6th, 2020



Courtenay, BC – Strathcona Nordic Ski Club played host to 45 athletes, from Campbell River, Courtenay, Comox, Cumberland, Qualicum Beach, Nanaimo and Victoria, for a full and half day Teck Regional Fall Dryland Camp.

Athletes met Saturday, September 25th at the Vancouver Island Mountain Centre at Mount Washington for a fun filled day of skiing activities. The younger athletes split their morning session between roller ski skills, weaving their way through an agility course, and getting fitter and stronger

with an action-packed strength and mobility session. Older athletes completed a 2.5km roller ski double pole time trial on Nordic Road followed by some offset climbing technique work.

In the afternoon all athletes worked on ski striding skills followed by a series of striding sprints for the older group on the famed Raven's Revenge hill and some more level ground relays for the younger guns. It was an excellent day of team effort and team camaraderie and turned out to be a great weather day too, as the predicted forecast of 30mm of rain thankfully did not appear!

On a cooler, cloudy Sunday morning, athletes enjoyed a combined orienteering and strength activity that had them touring/running the Mount Washington ski trails from one end of the network to the other. A final game of ultimate for the older group and 'everybody's it' for the younger group, rounded out the fun filled weekend.

Thanks to all athletes and coaches for their enthusiasm and energy, the Vancouver Island Mountain Centre for their help in staging a safe camp and as always to Teck Resources Limited for their ongoing commitment to our Regional Camp programs.





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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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