

**Regional Camp
Kootenay**



Teck

Teck Regional Fall Dryland Camp (Kootenay Region) *Winter is Coming!*

**FOR IMMEDIATE RELEASE
October 6th, 2020**

Kimberley, BC – With the fresh frost we recently experienced and the new snow half-way up the mountains, it was no wonder there were many keen cross-country skiers converging in Kimberley for the annual Teck Regional Fall Dryland Camp, hosted by the Kimberley Nordic Club (KNC). Despite all of the COVID restrictions in sports, the KNC was able to safely host a regional camp on the weekend of September 25th to 27th.

Clubs from Rossland, Nelson, Golden, Invermere, Fernie, and Kimberley took part in this great event. COVID precautions included having all activities outside with use of the lodge only for washrooms, masks for many activities, physical distancing, and a catered outdoor meal with individually portioned meals provided by Julie St. Jean from Julie's Cook Shack.



One of the intentions of the weekend was to further develop skill sets on roller skis, which closely match the actions of skate skiing. The youth buzzed around two identical parallel obstacle courses (creating some fun head-to-head races), did a 3.8km uphill time trial from Gym 67 to the Nordic Club, and some athletes even went for a long ski down the Rails 2 Trails on Sunday morning, covering up to 60 plus kilometres.

Skiers also engaged in a training session with Shenoa Runge that focused on core development, balance, and strength using the skiers' own body weight. Other activities included trail running and team-building games. The 9 to 12 year age group completed an orienteering session on the KNC trail network

with Jim Webster from Kootenay Orienteering Club. On Saturday, local yoga and meditation

instructor Kirsten Guest led an outdoor breathing and visualization exercise. The youth were so quiet and relaxed that they did not notice a blue grouse land in their midst in the middle of the session! Sunday morning activities included a trail run for those older athletes who did not roller ski to Cranbrook and a hike up the ski hill and down Musser's Plateau for the younger athletes.



KNC was fortunate to have Maya MacIsaac-Jones (Canadian World Cup skier) from Canmore and coach Graham MacLean from Cross Country BC join us as guest coaches, along with the head coaches from all of the regional clubs. The contributions from all of these coaches made for an amazing weekend of learning for these young. Thanks to everyone involved in making this camp a success and a special thanks to Teck Resources Limited.

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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