

**Regional Camp
Coast**

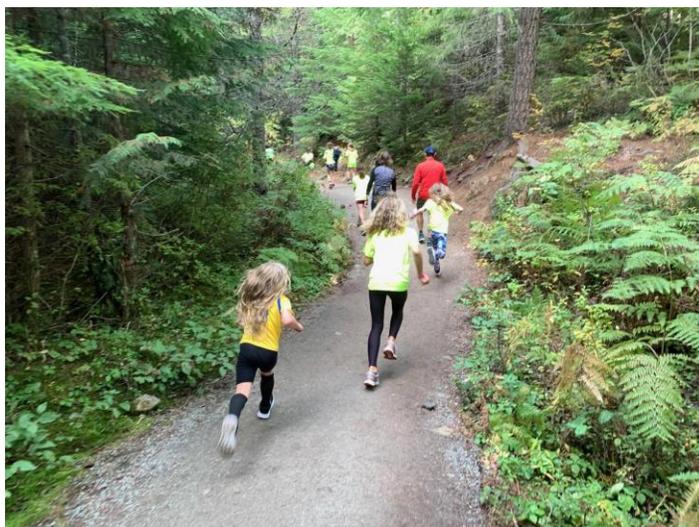


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Teck Regional Fall Dryland Camp (Coast Region) *Change of Seasons!*

FOR IMMEDIATE RELEASE

October 5th, 2021



Whistler, BC – A record breaking seventy-two athletes took part in the Teck Regional Fall Dryland Camp (Coast Region) in Whistler from September 24th to 26th. There were also twenty-seven coaches and other volunteers creating a great experience for the athletes.

Friday was a lovely warm evening for the athletes' arrival at the camp. The coaches met with the athletes to plan the days ahead and old friendships were rekindled.

Saturday felt like a summer's day as the athletes trained at Whistler Olympic Park. It was a beehive of activity with several groups of athletes practising roller skiing. Some worked on their skills on an agility course while others explored the paved ski trails. Older athletes roller skied all the way up the access road and into the park where they did laps of the paved trails. Every lap through the stadium they did a speed acceleration working on their cornering technique. For all the athletes there was a focus on developing strong and efficient technique. Saturday afternoon was filled with ski striding, recovery time with homework and a run to a school field for a hotly contested soccer tournament. That evening all the athletes fell into bed with smiles on their faces.

On Sunday morning the realization that the last day of summer may have been experience the day before was a harsh one as everyone woke to a cold and rainy morning. The coast athletes didn't let that deter as they are made for this, they set off for up to four hours of running and hiking, prepared for the worst





but expecting the best. The athletes split up into several groups and explored different routes on the mountain trails near Function Junction. By lunch on Sunday everybody was tired and ready for home. All participants are already looking forward to reuniting with newfound friends at the Teck Regional Snow Camp coming up in November.

Thank you to all the coaches, volunteers, parents and athletes for making this a fantastic weekend and to Teck Resources Limited for sponsoring the regional camps and providing the awesome T-shirts!





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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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