

**Regional Camp
Northern**



Teck

Teck Regional Fall Dryland Camp (Northern Region) *Rain & Cold Won't Keep Athletes Away!*

FOR IMMEDIATE RELEASE
September 30th, 2021

Prince George, BC – Caledonia Nordic Ski Club was pleased to host 41 athletes ranging in age from 9 to 17 for the Teck Regional Fall Dryland Camp, September 17-19. On the first day,



young athletes got to test their balance, body strength and body awareness at the local gymnastic club while the older ones worked on their classic technique and sprints.

On Saturday, athletes did a mix of technique, agility and intensity and had the chance to watch former BC Ski Team athletes; Julien Locke and Colin Ferrie demonstrate their craft. In the afternoon, the older athletes did a long double pole roller ski on Salmon Valley Road, while the younger ones did a mix of striding and strength.

On the final day, athletes got the chance to participate in a run, jump throw clinic put on by Prince George's local Track and Field Club and took a shot at their run, jump, pull test. Despite the rainy, cold weather, parents picked up their tired but happy athletes.

Thank you to Save-On-Foods Parkwood Place, Save-On-Foods Spruceland, Save-On-Foods College Heights and Save-On-Foods Hart Highway for their donations, along with our volunteers for helping refuel the athletes with nutritious breakfast, lunches, dinners and snacks.



Thank you to all the parents and athletes who attended and to the incredible volunteers who made this camp possible. A big thank you to Teck Resources Limited for supporting the Regional Camps and for the awesome t-shirts!



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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