

**Regional Camp
Coast**



Teck

Teck Regional Snow Camp (Coast Region) Early Season Cross Country Skiing!

**FOR IMMEDIATE RELEASE
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Whistler, BC – The Whistler Nordics Ski Club welcomed 47 athletes to the community last weekend for a Teck Regional Snow Camp. The camp saw athletes from throughout the Sea to Sky region in attendance, in addition to coaches from Spud Valley Nordics (Pemberton), Hollyburn Cross Country Ski Club (North Vancouver), Sea to Sky Nordic Ski Club (Squamish) and Whistler Nordics Ski Club.



The aim with this camp was to get in some early season skiing, with the focus on improving both skate and classic techniques. With excellent conditions for skiing at Whistler Olympic Park, the athletes braved the wet weather. “Saturday brought lots of snow during our ski session, but we still managed to do as much skiing as we planned” said head coach, Maria Lundgren.



As a result of all the time on snow the athletes made big improvements on their technique. “We worked in smaller groups to target different levels of learning. Athletes also worked on sprints, agility and downhill technique”, said Lundgren.

Skiers, coaches and helpers stayed at the Whistler Athletes Centre, and had access to the meeting space at the High-Performance Centre for evening activities. One of the evenings included a movie night for the athletes so that they could have some fun outside of skiing. The food during the camp was catered by Whistler

Food Co., and everyone enjoyed healthy meals that allowed them to fill-up on energy.

Thank you to Whistler Olympic Park for offering excellent grooming during these challenging weather conditions.

The Whistler Nordics Ski Club would also like to extend a special thank you to all the volunteers, the inspiring athletes and Teck Resources Limited for their support.



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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 27,000 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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