

**Regional Camp  
Northern**



**Teck**

## **Teck Regional Snow Camp (Northern Region) *Below Zero & Perfect Conditions!***

**FOR IMMEDIATE RELEASE  
December 13, 2021**

**Smithers, BC** – With plenty of snow on the ground at the Bulkley Valley Nordic Centre and temperatures well below zero over the course of the December 10<sup>th</sup> weekend, trail conditions could not have been much better for the Teck Regional Snow Camp.

53 athletes between the ages of 9 and 15 attended, coming from across Northern BC. Snow Valley (Terrace/Kitimat), Morice Mountain (Houston), Omineca (Burns Lake), Nechako (Vanderhoof), Caledonia (Prince George) and Bulkley Valley (Smithers) Nordic Ski Clubs were all represented.



The Snow Camp began on the evening of Friday, December 10<sup>th</sup>, with a nighttime skate ski. Athletes and coaches ventured off the lit trail loops and made their way down the hilly and twisting Perimeter Trail, to a hilltop clearing where an adventurous, skied-in singletrack trail had been prepared to challenge the skiers' abilities to stay on their feet. Once they returned to the ski stadium, athletes warmed up with hot chocolate and snacks, while sky lanterns were sent into the night sky to conclude the evening.

On Saturday, everyone was on classic skis in the morning to work on striding technique, and after the mid-morning snack break, they tried putting their striding skills to the test with speedwork, short relays, and games, depending on the age group. After a tasty lunch and a couple hours of rest, athletes hopped on their skate skis to continue working on technique as well as downhill, cornering and agility skills in the late afternoon.

On Sunday morning, participants woke up to cold conditions and a clear bluebird sky. A 400m and 750m classic sprint course was a set up in the stadium, and athletes kept warm by practicing sprint starts, changing classic tracks, and examining the sprint loop. Athletes then tackled the sprint course at race speed, both one at a time to simulate a sprint qualifier, as well as head-to-head as a sprint heat.

After a mid-morning snack break, athletes used the last of their energy to get in a final few kilometres on a trail that they had not yet skied, enjoying the beautiful scenery as well as each others company.

The camp wrapped up with lunch bags being handed out, draw prizes being awarded, as well as some final messages and lots of "Thank You's" to all who made the camp a success.

Over the course of the weekend 17 coaches lent a hand, lead by guest coach Graeme Moore from the Build the North ski program, and Bulkley Valley Nordic Head Coach Andrew Brisbin.

Many parents worked behind the scenes to prepare and serve food, as well as keep the Camp on track while the athletes and coaches were out having fun.

We are now looking forward to the Teck Northern Cup races, to see each other again and put our training and ski skills to the test!

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 toques!

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 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](http://www.crosscountrybc.ca).



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