

**Regional Camp
Okanagan**



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Teck Regional Snow Camp (Okanagan Region) *Skiing in the Rain!*

**FOR IMMEDIATE RELEASE
November 30, 2021**

Vernon, BC – 80 athletes and 17 coaches and helpers from across the Okanagan headed to Sovereign Lake Nordic Centre on November 26th to 28th for the annual Teck Regional Snow Camp. This marked the 13th season for Adam Elliot as head coach, and he said this may have been the first time participants ended up skiing in rain. That didn't stop them from having a great time, however!



On Saturday, a heavy snow fall started in the morning and carried on through the afternoon. The athletes focused on technique development and group skiing. Technique stations, which included balance, cornering, offset, and one-skate, were set-up for all of the groups to cycle through.



Two King's Court sprint competitions took place on Sunday. Everyone got to compete in all the heats and they were held on a super fun sprint course. This was a highlight of the day. The conditions also provided a great opportunity for technique development, race simulations and FUN!

Using Sovereign Lake Nordic Centre as home base was fantastic as they had done weeks of preparation to provide very high-quality grooming on a nearly endless trail system. It is unmatched anywhere in Western Canada this early in the season.

A big thank you to Teck Resources Limited for always supporting all of the regional camps and to the athletes, coaches & volunteers for helping to make this weekend a great success!



For more information, please contact:

Cross Country BC
Cherielle Goad
adcoord@crosscountrybc.ca

Telemark Nordic Club
Adam Elliot
adam_elliot556@hotmail.com

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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