

**Regional Camp  
Coast**



**Teck**

## **Teck Regional Dryland Camp (Coast VI Region) *Happy Island Athletes in Pink!***

**FOR IMMEDIATE RELEASE  
September 29, 2022**

**Mt. Washington, BC** – If the sea of pink shirts in action is any indication, the 2022 Teck Regional Fall Dryland Camp on Vancouver Island was a massive success!



Fifty athletes and 10 coaches from across Vancouver Island (Campbell River, Courtenay, Cumberland, Comox, Nanaimo, Qualicum Beach, Victoria) gathered on the September 24 to 25 weekend for a variety of training and team building activities. The wonderful summer-like weather and the excellent training location made for a fantastic and fun experience!

Sessions included a morning roller ski hill climb for older athletes and combination roller ski, strength and run for the younger set. In the afternoon, both groups worked together to develop ski striding skills. On Sunday, the camp saw small groups of athletes work together to complete the Adventure Run Word Scramble covering ground, in both Strathcona Provincial Park and the Mount Washington Nordic trails, looking for clues and letters to solve the puzzle. In addition to the training, the camp also provided many team building and confidence building opportunities with numerous group games, both planned and impromptu, a sleep-over for the younger athletes, the first for many, all creating a fun, supportive and energetic camp atmosphere.



Camps like this couldn't happen without the support of a great group of volunteer coaches and parents. Thank you to everyone that made this experience so positive, productive and FUN! Thank you also to Teck Resources Limited for their continued support of skier development throughout the province. A sea of happy Island athletes in pink says it all!



For more information, please contact:

Cross Country BC  
Cherielle Goad  
[adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca)

Strathcona Nordic Ski Club  
Andrea Stapff  
[andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.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](http://www.crosscountrybc.ca).*



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