

**Regional Camp
Kootenay**



Teck

Teck Regional Fall Dryland Camp (Kootenay Region) *A Huge Cross Country Ski Weekend in Kimberley!*

**FOR IMMEDIATE RELEASE
October 6th, 2022**

Kimberley, BC – Last weekend the annual Teck Regional Fall Dryland Camp for cross country skiers 8 to 17 years old was held, once again, in Kimberley. This annual event has expanded over the years, which is a reflection of both how much cross country skiing is growing as a sport for young people, as well as the excellent dryland training opportunities available in Kimberley.



With a record 91 participants, and over 20 coaches, this was by far the largest camp ever hosted in Kimberley. Athletes and coaches from all over the East and West Kootenays, as well as from Canmore and Calgary, participated in the camp. The weather was perfect, with plenty of sunny, warm days and clear, cool evenings.

The camp started on Friday with a recognition of the National Day for Truth and Reconciliation, which included a land acknowledgement, wearing orange shirts, and watching the Ktunaxa Creation Story. Over the three days of training, there were many different activities in which the skiers took part; core and stretching exercises, ski-striding to the top of the ski hill, classic and skate roller-skiing (including the epic Uphill Time Trial for the older kids), a roller ski agility course, orienteering, body weight strength exercises, trail running and road bike riding.



The Teck sponsored fluorescent pink t-shirts made a splash all over town.





This year's camp was unique as the weekend coincided with the Alberta World Cup Academy ski team and the Canmore Nordic Ski Club each holding simultaneous camps in Kimberley. Kimberley was definitely the place to be for a cross country skier doing dryland training this weekend! The senior athletes from the Academy team joined our senior kids for an afternoon of Ultimate Frisbee, while the Canmore Nordic skiers divided themselves between the agility course and the Time Trial. This collaborative effort really made the weekend a "festival" of ski training for the young athletes.

At the end of the weekend, all participants left with keen anticipation of the first snowfall in order to practice their newly-acquired skills! Thank you to all coaches and volunteers for their hard work in making this camp happen. A big thank you to Teck Resources Limited for supporting our regional camps.

Let it snow, let it snow, let it snow!!

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.



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