

**Regional Camp
Northern**



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**Teck Regional Fall Dryland Camp (Northern Region)
Northern BC Athletes Come Together for a Weekend of
Learning & Fun!**

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

Prince George, BC – Athletes and coaches from Bulkley Valley Nordic Centre in Smithers, Morice Mountain Nordic Ski Club in Houston, Omenica Ski Club in Burns Lake, Nechako Nordics Ski Club in Vanderhoof, Caledonia Nordic Ski Club in Prince George, Cariboo Ski Touring Club in Quesnel, and Williams Lake Nordic Cross Country Ski Club in Williams Lake came together September 30 to October 2 for a weekend full of learning, fun & bonding!



It was a beautiful sunny weekend for the Teck Regional Fall Dryland Camp at Caledonia Nordic Ski Club (CNSC) in Prince George! Graham Maclean, Graeme Moore, Andrew Brisbin and many club coaches lead 62 athletes through a weekend of agility and strength, running, striding, and roller skiing.



Camp opened Friday night with some striding instruction and agility/strength work in the CNSC Agility Park. The older athletes then went on a long run to the upper reaches of the Caledonia facility. Athletes enjoyed a delicious dinner courtesy of the CNSC food team. The day wrapped up with a few rounds of the ever-popular Man Tracker as the sun set.

Saturday started foggy as camping athletes did their morning activation. The fog lifted by the time everyone arrived at Willow Cale Road for a morning of skate roller skiing agility and technique. The agility courses were very popular with all ages! After a break for lunch, the older athletes headed to the disc golf course at the Hart Ski Hill. Younger athletes enjoyed a Scavenger Run, stopping at 6 stations for a strength activity and a Canadian ski trivia question, with striding intervals in between. Wrapping up the evening with another delicious dinner, more Man Tracker, and a question-and-answer session around the fire with athletes and coaches. The younger athletes had many great questions about racing, nutrition, and body positivity.



Sunday morning saw blue skies once again, making another great day for roller skiing at Willow Cate. The older athletes worked on agility and technique on classic skis, while younger athletes worked on double poling and more agility. Camp wrapped up at noon with all the ski north athletes heading to their perspective areas of the North.

Athletes greatly enjoyed their activities, but the best part was spending time with their teammates from all over Northern BC! Thank you to all coaches and parents for their hard work making this camp happen. A big thank you to Teck Resources Limited for supporting our regional camps.





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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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