

**Regional Camp
Okanagan**



Teck

Teck Regional Fall Dryland Camp (Okanagan Region) *A Beautiful Weekend for Roller Skiing!*

**FOR IMMEDIATE RELEASE
September 28th, 2022**

Kelowna, BC – Amazing weather greeted everyone on the morning of Saturday, September



24th with clear skies and warm temperatures for the Teck Regional Fall Dryland Camp. Sixty skiers and 13 coaches started the day with Agility and Technique focused roller ski sessions. The older groups of skiers skied up to Telemark Nordic Club from Glenrosa; giving opportunities for some technique development of younger skiers mentored by older skiers on one of the quiet roads that leads to Telemark.

After lunch everyone enjoyed a presentation from U20 and U18 skiers; “The National Championship Experience” about what opportunities skiing has provided them and the “The Best Practices for Young Skiers” which included:

- Time Management
- Getting your homework done effectively
- Life Balance
- Prerace food
- Nutrition for skiing and good grades
- How Skiing has positively impacted their Grades at School
- The Importance of Sleep and how screen time in the evening negatively impacts that
- Focus and Deliberate Practice
- Energy systems and how to best train them



The presentation was followed by a Ski Striding Technique session where older youth skiers were able to mentor younger skiers. The final official activity of the day was a Team Orienteering Challenge with a strength component worked into each control station.

Athletes who chose to stay and camp near the Telemark Nordic Club Lodge had lots of fun before bed time with an exciting game of “man-hunt tag” and tossing the frisbee around.

Sunday, September 25th was a great day for the Adventure Run mission which took three groups of differing speeds and abilities to some incredible lookout locations. The many different adventure routes to choose from even had some of the athletes bushwacking as they ran.



Overall, a fantastic weekend for everyone! A big thank you to all the coaches and volunteers who helped make it a great success and a big thank you to Teck Resources Limited for supporting our regional camps.

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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