



Teck Regional Fall Dryland Camp (Northern Region)

SMOKE WILL NOT CHOKE OUR SPIRITS!

**For Immediate Release
September 25, 2023**

Prince George, BC - It was a challenging start to our Northern Regional Camp this year. We faced the new reality of wildfire smoke and our clear skies quickly disappeared.

We had many coach huddles through the weekend to make plans on the fly and keep our athletes moving, learning, and having fun! And boy did we EVER!

We had 68 athletes this year and once clearer skies were found they roller skied through technique stations, made new friends and held on to positive attitudes.

When the air just wouldn't cooperate, we moved indoors to our Northern Sport Centre. There, we enjoyed games, agility exercises, a soccer tournament and the never-ending game of Gold Rush which had all the coaches suffering through burpee's!

We were also treated to a yoga session by our local yogi master Jaylene.





All weekend our guest coaches Graham Maclean and Andrea Stapff, along with our local coaches, delivered top notch tips to our skiers. We are one fortunate crew to have such amazing people around us.

Our Nordic family is pretty special, the people who are a part are always there to support, cheer, smile, welcome newcomers, and make new friends. Skiing is the bonus!



Many thanks to EVERYONE who pivoted daily to keep this camp moving forward!

Thank you also to our families that fed us amazing food, and to Tim Hortons who contributed to our meals.



Thank you, Teck Resources Limited, for our awesome t-shirts and for supporting these camps provincially.



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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 18,000 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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