

**Regional Camp  
Kootenay**



**Teck**

## **Teck Regional Fall Dryland Camp (Kootenay Region) *Sunshine in September!***

**FOR IMMEDIATE RELEASE  
September 26, 2023**

**Kimberley, BC** – Beautiful fall weather set the scene for an amazing annual Teck Regional Fall Dryland Camp hosted by the Kimberley Nordic Club (KNC). Seventy-seven athletes, six coaches, and several volunteers from across the Kootenay region took advantage of all of the great training opportunities that Kimberley has to offer from September 15<sup>th</sup> to 17<sup>th</sup>! Participants from Rossland, Nelson, Invermere, Fernie, and Kimberley took part in this great event.

A big focus for the athletes was developing rollerski skills. Younger athletes worked through agility courses, while the older athletes completed a 3.8-kilometre uphill time trial and skied down the Rails 2 Trails bike path. Other sessions on foot included trail running, orienteering, strength training, and finishing the weekend off with an intense game of ultimate frisbee.

The camp kicked off on Friday evening with the younger group doing a core/balance/mobility workout followed by team building activities.

The older group started off the camp with a striding session up the ski hill, followed by a core/balance/mobility session led by Shenoa Runge.



Athletes then took advantage of the beautiful fall weather on Friday afternoon to explore the KNC trails. Shenoa also introduced great fundamental running dynamics, as well as bodyweight strength and balance activities to help develop good movement patterns and skills necessary for skiing.



Saturday kept the excitement going with roller ski agility courses for the younger athletes and an uphill time trial for the older ones. After the time trial the older athletes took their turn on the agility course while the younger athletes completed an orienteering session on the KNC trail network with the Kootenay Orienteering Club. The night wound down with hungry athletes eating delicious food catered by Julie St. Jean from Julie's Cook Shack.



Sunday morning the camp wrapped up with a distance workout – a trail run at the KNC or classic roller ski on the Rails2Trails. The weekend was complete with an intense game of ultimate frisbee with all of the athletes – it was so cool to see 77 athletes all together working as a team!



Kimberley Nordic Club was fortunate to have head coaches from all of the regional clubs to lead so many wonderful sessions. The contributions from all of these coaches, along with over 25 outstanding volunteers, made for an amazing weekend of learning for these young skiers! Thanks to everyone involved in making this camp a success and a special thanks to Teck Resources Limited.

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 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](http://www.crosscountrybc.ca).*



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