

**Regional Camp
Kootenay**



Teck

**Teck Regional Snow Camp (Kootenay Region)
*Man made snow better than no snow!***

**FOR IMMEDIATE RELEASE
December 4, 2023**

Invermere, BC – Toby Creek Nordic Ski Club once again hosted the Teck Regional Snow Camp for the Kootenays at Panorama Mountain Resort (November 24th to 26th). It was a great weekend to kick off the season and first time on snow for many. Twenty athletes from the Fernie Nordic Ski Club, Toby Creek Nordic Ski Club (Invermere) and Kimberley Nordic Club attended the camp. They were supported by a number of coaches, including CCBC Development Squad head coach Adam Elliot, and several parent helpers. It was a great three days of skiing on primarily man-made snow, with some great people helping out!



(Photos by Geoffrey Richards)

The camp focus was on technique development and FUN!

For three days the focus was on balance, body position, impulse, timing, cornering, and efficiency. Significant technical improvements were made by all.

Other highlights included, a camp dinner, wax clinic, games, relay racing and long human-slalom trains on the beginner alpine runs.





It was a fantastic weekend and a great way to kick off the ski season. Many thanks to Panorama Mountain Resort, the coaches and volunteers for making it such an enjoyable weekend. 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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