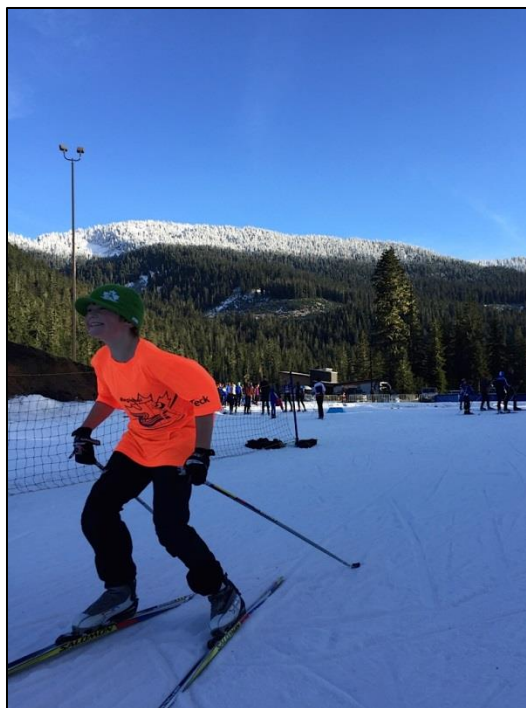


FOR IMMEDIATE RELEASE
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Snow Supply in the Sea-to-Sky

(Whistler, BC) – Sunny skies and pleasant temperatures greeted athletes from all over the Sea-to-Sky Corridor at last weekend's Teck Regional Coast Camp. Athletes and coaches from Pemberton, Whistler, Squamish and Vancouver took part in what was yet another successful camp!

Despite the delay in winter this season, athletes and coaches were able to ski on real snow, in regular winter temperatures. Although 900m may sound like short loop, the track set at Whistler Olympic Park (Callaghan Valley) seemed much longer. With its' varied terrain and base depth, the loop, dubbed 'Callaghan Gold', is just that. Thanks to the hard workers at the venue, all 39 athletes we're able to get in three on-snow sessions over the weekend.



On Saturday the athletes had the chance to improve their dancing skills during a hip hop session led by the instructors of *Vibe Dance Centre*. While some of the athletes might be Beyonce's next back up dancer it was decided that others should probably stick to skiing! On Saturday evening, Katie Weaver (Hollyburn Cross Country Ski Club/BC Ski Team) spoke to the athletes about goal setting and being a competitive skier. Katie raised some good points that the athletes were able to use in their team relay the next day.

Sunday's agenda included a team relay to prepare the athletes for the 2015 BC Midget Championships, which has a similar format. Athletes weren't just training on snow, but off snow as well - the temperatures we're hovering just below zero all weekend, allowing athletes to learn how to apply 'klister' among other waxing techniques.

Head coach, Maria Lundgren (CVTC), stated: *"considering the current snow conditions in the area I was very pleased to see high attendance numbers, and that everyone managed to have an awesome time."* The large number of athletes meant coaches had to be on their feet throughout the weekend, moving from one workout to the next.

Cross Country BC would like to thank Maria Lundgren, all of the helpers and the inspiring athletes for their hard work! This camp could not have been made possible without the support of Teck Resources Limited. The next and final instalment of the 2014-15 Teck Regional Camp series will take place in Mt Washington, BC on December 27th-30th.



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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 Ltd. 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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