

**Regional Camp
Coast**



Teck

Early season training camp at Whistler Olympic Park with great conditions!

FOR IMMEDIATE RELEASE

December 5, 2023

The Whistler Nordics Teck Regional Camp unfolded against the picturesque backdrop of Whistler Olympic Park this past weekend (Dec 1-3), where 58 participants from Hollyburn Cross Country Ski Club (North Vancouver), Sea to Sky Nordics (Squamish), Spud Valley Nordics (Pemberton) and of course, Whistler Nordics, gathered for a memorable experience. The athletes ranged in age from U10 (2014s), U12 and U14. The camp's base was the Athlete's Lodge in Cheakamus, providing a cozy retreat after exhilarating days on the snow.



Nature bestowed the camp with a gift—pristine snow conditions and an array of trails that opened at the 11th hour, adding an unexpected thrill to the adventure. The skiers were treated to a winter wonderland, a paradise for both classic and skate techniques.



The coaching team showcased their amazing skills, guiding participants through drills and games that honed their skills and fostered connection.



The camp wasn't just about skiing; it aimed for holistic athlete development. A special gymnastics session at the Athletes Centre injected variety into the routine, promoting flexibility and agility.





As the sun set on the night before the camp's conclusion, a spirited tug of war took place, symbolizing the unity and strength forged throughout the event.

Despite the physical demands of the activities, the athletes retired each night to the Athlete's Lodge with smiles on their faces and a sense of accomplishment. The tired but happy faces spoke volumes about the success of the camp. Friendships were formed, skills were polished, and

memories were etched in the snowy landscapes of Whistler.

All meals during the camp were catered by Whistler Food Co; this was a success, and everyone enjoyed the delicious and healthy meals that were suitable for training athletes.



In the end, the Teck Regional Snow Camp surpassed expectations, emerging as a super successful and fun-filled adventure. The combination of excellent coaching, diverse activities, and the unexpected delight of ideal snow conditions created an experience that would be cherished by all participants for years to come.



The Whistler Nordic Ski Club would like to extend a special thank you to all the volunteers, inspiring athletes and Teck Resources Limited for their support. All athletes received a toque for participating in the camp.

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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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