

**Regional Camp
Coast**



Teck

Teck Regional Dryland Camp (Coast Region)

A rainy weekend in the mountains!

The Teck Regional Dryland Camp in Whistler, BC began on Friday evening. This camp brought together athletes from across the coast to the Whistler Athletes' Centre. Participants included athletes and coaches from the Hollyburn Cross Country Ski Club (North Vancouver), Spud Valley Nordic Ski Club (Pemberton), Sea to Sky Nordic Ski Club (Squamish), and Whistler Nordic Ski Club. The range of athletes spanned from ages 9 up to 18. The primary objectives of the camp were to help athletes develop new skills, foster new friendships, and train within a fun and engaging environment.

Saturday began with dark, cold, and rainy weather, but the athletes persevered and completed a morning activation jog near the Athletes' Centre. After a hearty breakfast provided by the WAC catering service, the group was transported to Whistler Olympic Park for a roller-skiing session. Older athletes participated in intervals up the road, while the Track Attack athletes focused on agility and skill development on roller-skis.

The afternoon was filled with activities, starting with a short trail run that included a technique session on ski-walking and striding. This was followed by a much-needed stretch and relaxation session, giving athletes time to recover and enjoy some snacks. The day concluded with an orienteering activity, where participants navigated to ten different stations throughout the Whistler Olympic Village, engaging in various challenges at each location to earn points.



Sunday morning started early, with the oldest athletes embarking on a traverse run up to Black Tusk and returning to the Athletes' Centre. The younger group started from the opposite side of the traverse, completing an out-and-back run up to Black Tusk. The weather improved, offering spectacular views from the top. The camp concluded with lunch before the athletes departed for home.



A special thank you goes out to Teck, Cross Country BC and our amazing volunteers and dedicated coaches whose support made the training camp possible. Furthermore, we are grateful to have been able to hold this event on the unceded shared territory of the Squamish Nation and Lil'wat Nation.

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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 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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