

**Regional Camp  
Kootenay**



**Teck**

## Teck Regional Fall Dryland Camp (Kootenay Region)

**FOR IMMEDIATE RELEASE**

**October 2, 2025**

The Annual Teck Kootenay Regional Dryland Camp was hosted this year by the Kimberley Nordic Club (KNC) in Kimberley on September 26<sup>th</sup> & 27<sup>th</sup> with 73 athletes from clubs across the Kootenays including, Black Jack Ski Club (Rossland), Nelson Nordic Ski Club, Fernie Nordic Ski Club and Kimberley.

The camp kicked off on Friday afternoon with orienteering and a big group game. This was followed by a delicious spaghetti dinner and a special treat of apple crisp prepared by some amazing volunteers. Everyone then settled in for the night to get some rest for a packed day of activities on Saturday.

Saturday started off with a fun obstacle course for the 9–12-



year-olds and a roller ski warm-up for those 13+.

The older group made their way uphill to the start of the time trial. Once bibs were distributed, athletes gave it their all, finishing up the time trial at the KNC – just in time for some lunch and some well-earned down time.





In the afternoon, the two groups participated in a great strength training workout. They balanced, squatted, strided and did plyometrics through the different stations, laughing and having fun along the way. The day finished up with burritos and cake!



Sunday morning started off with more roller skiing—practicing classic technique and double poling. We closed out the camp with a big game of ultimate frisbee before everyone said goodbye and headed home.



A huge thank you to our title sponsor Teck as well as all of the coaches and volunteers for making this weekend possible!

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 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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