

## Teck Regional Snow Camp (Coast VI Region)

*Post Christmas Camp and a special visit with Amelia Wells!*

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**Mount Washington Alpine Resort.** On December 27<sup>th</sup> and 28<sup>th</sup> the Strathcona Nordic Ski Club (SNSC) hosted a Teck-sponsored, post-Christmas regional snow camp at the Vancouver Island Mountain Center at Mt. Washington Alpine Resort.

SNSC's Head Coach, Bertrand Hamoumraoui, guided a dedicated team of athletes and volunteer coaches through various activities. The camp was attended by 57 athletes who enjoyed the newly fallen snow on the trails. As the race season is getting close, most of the camp was focused on preparation for the Teck BC Cup #1 event in Prince George this coming weekend.



The first day of camp was easy volume skiing and enjoying the new snow and good ski conditions. At lunch time, the junior team participated in the recently launched "lunch and learn" led by some of the volunteer coaches. This included a discussion on nutrition and the importance of healthy eating for athletes. Later that day all of the athletes took part in an activity supporting Amelia Wells, a member of the SNSC who recently qualified for the Olympics in

Italy.... they drew and painted banners to support her.



On the second day things started to ramp up. The athletes did some sprint qualifier intensities; they dug deep, pushed hard and deserved the hot chocolate they received after the session. During lunch the athletes were lucky to have Amelia spend some time with them. They all had a chance to hear about her experience, ask questions and be inspired about what it takes to make it that far.

After the session with Amelia, the camp ended with a race simulation. As on the day before, all the athletes pushed hard and gained some racing experience. It was a great opportunity to put together everything they had worked on for the past two days. The camp officially ended with a hot chocolate, socializing all together and having fun.

We would like to thank Teck, CCBC, and all of our amazing volunteer coaches and parents for helping to make these camps possible. A special thank you to Amelia Wells for taking the time to meet with our athletes and coaches. We wish her all the best at the Olympics in Italy!



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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 22,000 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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