

**Regional Camp
Okanagan**



Teck

Teck Regional Fall Dryland Camp (Okanagan Region) *Largest Teck Okanagan Regional Camp since pre-Covid-19!!!*

**For Immediate Release
September 16, 2025**

On Friday evening 85 excited athletes and 18 coaches from throughout the Okanagan and beyond joined together at Blanket Creek Provincial Park near Revelstoke to put up their tents and to get ready for a fun-filled weekend of dryland training. Athletes attending the camp primarily came from the Larch Hills Nordic Ski Club (Salmon Arm), Telemark Nordic Club (Kelowna), Sovereign Lake Nordic Club (Vernon), and Revelstoke Nordic Ski Club. There were also athletes visiting from the Kootenays (Kimberley Nordic, Nelson Nordic, Valhalla Hills Nordic), and from the Coast (Hollyburn). A special thanks to our guest head coach for the camp, Adam Elliot, for his leadership.



We started off the camp with some ice breaker games and a pole striding session to get the most of this warm late summer weekend. Fresh baked snacks provided by local parents were then served before everyone bundled up in their tents and campers for the night. Saturday morning after our activation run and breakfast, the older athletes went up to Mt. Revelstoke to do a classic roller ski (U16 and U18) or skate roller ski (U14) workout on our famed, steady uphill training grounds. Meanwhile, back at Blanket Creek, the younger athletes enjoyed skate roller ski obstacle courses, relays, campground skiing and games. All athletes and coaches returned to the Blanket Creek base for a lunch assembled and served by a team of parent volunteers.

The amazing September weather we have been benefiting from continued throughout the day and everyone enjoyed camp games, a disc golf tournament, as well as some orienteering and strength stations in the afternoon. This full day ended with a delicious baked lasagna dinner for all participants, courtesy of the acclaimed RNSC volunteer chef Dominic Paquin.

Sunday again started with an activation run, followed by skate roller skiing for the U16 and U18 athletes, while all other athletes headed over to the Macpherson trails for a run/hike. This concluded the second largest regional camp ever held in Revelstoke and Blanket Creek, and the largest one since the COVID 19 years. We thank the outstanding team of coaches and coach helpers who facilitated this weekend of training and games. We are also grateful to the dedicated RNSC volunteers, and to the visiting athletes and their families for this time of connection with our friends of the Nordic skiing community from far and near.



Thanks to all the coaches, volunteers, and Teck for making it such a great camp!



Photo credit: Emily Paquin, Kendra von Bremen, Glenn Bond, Dirk Brugeum

For more information, please contact:

Cross Country BC
Lindsey Olineck
adcoord@crosscountrybc.ca

Revelstoke Nordic Society
Hilary Schrama
hschrama@revelstokenordic.org

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 almost 25,000 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. For more information on Cross Country BC, please visit www.crosscountrybc.ca.

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.



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