

Teck Regional Fall Dryland Camp (Northern BC): A Great Kick Off to Fall Training!

FOR IMMEDIATE RELEASE

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SMITHERS, B.C. – Northern BC skiers had a great kick off to their fall dryland training this past weekend when former National Development Team Coach, Eric de Nys, came to Smithers to lead the Teck Regional Fall Dryland Camp,

The camp hosted 29 athletes from communities across the north - from Prince George to Kitimat.

Coach Eric spent a lot of time on roller skiing, ski striding techniques and strength training with the older athletes. The athletes were particularly impressed with his support on a long double-poling session up Eckman hill on the Babine Lake Road – a hill he appeared to have fond memories of! It turned out that Eric grew up racing with the Caledonia Nordic Ski Club of Prince George, and used to train with Smithers athletes often. He is now Head Coach for the Sovereign Lake Nordic Club and Cross Country Ski Academy in Vernon.



The younger athletes may also have some new tender muscles this week – for many this camp was their first time on roller skis.



The camp agenda included a talk on sports nutrition from former Bulkley Valley Cross Country Ski Club (Smithers) racer, Dr. Mallory Quinn. Wow, the circle of cross country skiing is impressive! The Bulkley Valley Cross Country Ski Club has been fortunate this past year to have such high-quality instruction and inspiration come to their community. Last spring Olympic Gold Medalist, Becky Scott, also joined local athletes for a fun day of skiing.

Many thanks to the Bulkley Valley Cross Country Ski Club which contributed many volunteer coaches and the support needed to host this camp. This includes carrying on the tradition of cooking awesome food (thanks to the K. Wilford secret recipe book, which is not so secret).

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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 for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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