

**Regional Camp  
Coast**



**Teck**

## **Two-Time Olympian & Canada Winter Games Medalist Join Camp! Teck Regional Snow Camp (Coast – Vancouver Island)**

FOR IMMEDIATE RELEASE  
May 22, 2019

**Mt. Washington, BC -** Skiers from the coast had their own Spring Fling over the Mother's Day weekend! Fifty athletes and thirteen coaches and volunteers enjoyed some fantastic weather on 4 kilometres of groomed Nordic trails in the upper meadows of Mount Washington Alpine Resort on Vancouver Island.



Athletes from the Island and the Lower Mainland, including para athlete Maya Jonas and her guide Jamie Stirling, enjoyed a variety of on-snow sessions. Technique work on skate skis, the always popular, climb to the top of the mountain (Boomerang Chair) and, of course, the decent on classic skis. There was also a traditional camp relay where older athletes were paired with younger skiers for some fun filled friendly competition!



Evening activities included lots of team building fun and games, a snowman building contest which consisted of using, and then recycling, found recyclable items, a chat with two-time Olympian (1998 & 2002) and former National Ski team member Jaime Fortier and Maya Jonas, para athlete and medalist from the 2019 Canada Winter Games (1 silver, 2 bronze). Both Jaime and Maya impressed upon the athletes the importance of following your dreams,

remaining tenacious even in the face of adversity and getting great at setting and revisiting your goals regularly.



The camp would not have been possible without the assistance of a great group of coaches and parent helpers - thank you all for your enthusiastic support and hard work. Thank you also to Teck Resources Limited for their support.



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 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 future.*

For more information on Cross Country BC, please visit [www.crosscountrybc.ca](http://www.crosscountrybc.ca).



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