

**Regional Camp  
Kootenay**



**Teck**

## **Teck Regional Fall Dryland Camp (Kootenay Region) *Beautiful October Weekend!***

**FOR IMMEDIATE RELEASE  
October 19<sup>th</sup>, 2021**

**Kimberley, BC** – Beautiful fall weather sure did set the scene for an amazing annual Teck Regional Fall Dryland Camp hosted by the Kimberley Nordic Club (KNC). Ninety athletes and fifteen coaches from across the Kootenay region took advantage of all of the great training opportunities that Kimberley has to offer from October 1<sup>st</sup> to 3<sup>rd</sup>! Participants from Rossland, Nelson, Golden, Invermere, Fernie, and Kimberley took part in this great event.



A big focus for the athletes while in Kimberley was to spend some time developing rollerski skills. Athletes worked through agility courses, completed a 3.8-kilometre uphill time trial, and skied down the Rails 2 Trails bike path. Other sessions on foot included trail running, orienteering, strength training, and a scavenger hunt.



The camp kicked off on Friday with a scavenger hunt, trail run, strength session led by Shenoa Runge, and a hot chocolate social. Athletes took advantage of the beautiful fall weather on Friday afternoon to explore the KNC trails. Shenoa introduced great fundamental running dynamics, as well as bodyweight strength and balance activities to help develop good movement patterns and skills necessary for skiing.

Saturday kept the excitement going with rollerski agility courses for the younger athletes and the uphill time trial for the older ones. In the afternoon, the older

athletes took their turn on the agility course while the younger athletes completed an orienteering session on the KNC trail network with the Kootenay Orienteering Club. The night wound down with hungry athletes eating delicious food catered by Julie St. Jean from Julie's Cook Shack.

Sunday morning activities included a hike up the ski hill for the younger athletes and the option for a long run, rollerski, or road bike ride for the older athletes. Lots of athletes crushed it on the rollerskis and recorded upwards of 40, 50, and even 60 kilometres!



Kimberley Nordic Club was fortunate to have head coaches from all of the regional clubs, along with Cross Country BC Assistant Coach, Graham Maclean, as guest coach to lead so many wonderful sessions. The contributions from all of these coaches, along with over 30 outstanding volunteers, made for an amazing weekend of learning for these young skiers! Thanks to everyone involved in making this camp a success and a special thanks to Teck Resources Limited.



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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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