

**Regional Camp
Coast**



Teck

Teck Regional Spring Camp (Coast VI Region) *On Snow Training in May!*

**FOR IMMEDIATE RELEASE
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Mt. Washington, BC – Fifty-Eight athletes took part in the Teck Regional Spring Camp from May 6th to 8th. With an abundance of snow and a group of excited skiers and coaches, the camp could only be described as a massive success!

15km of incredible corduroy on the upper Nordic trails, of Mount Washington Resort on Vancouver Island, provided 28 Track Attack and 30 Junior athletes and their 12 coaches an excellent on snow experience! Five specific sessions included; working on skate and classic technique, cornering and agility, skate sprints and a super fun distance classic ski up the mountain, followed of course, by an exhilarating downhill.



Island athletes and coaches from Victoria to Campbell River were joined by a group of 7 skiers and 2 coaches from the mainland (Vancouver and Whistler) which made for a truly regional camp. A special guest appearance from local athlete Gabe Gledhill, former Cross Country BC Ski Team Athlete, Strathcona Nordic Ski Club Junior Racer and current Great Britain National Team Member was a camp highlight! In addition to skiing the trails alongside camp participants, Gabe demonstrated some very fast sprinting during the full camp skate sprints session as well as a pretty good command of the Norwegian

language, Norway being his training base with Team Great Britain.

The success of the camp could not have happened without the generous support of a wonderful group of parents, a fantastic coaching team and the continued support of cross-country skiing in BC from 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 27,000 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.



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