

Teck Regional Camp Program



On Sept. 21-23, 54 young athletes from the Sea-to-Sky Region converged on Whistler for a weekend of fun dryland training. The camp included skiers aged 9 to 18 from the Lower Mainland, Whistler and Pemberton. Activities varied depending on stage of development and included running, hiking, roller skiing, strength and agility drills, and games. The participants also took part in the Whistler Spirit Run, a cross country race at Whistler Olympic Park. This provided an opportunity to learn about race day preparation and management. The older athletes did a session on recovery techniques led by a sports physiologist/physiotherapist. The athletes enjoyed their time socializing with friends at the Whistler Athlete Lodge, the site of the 2010 Olympic village. Thanks to all the coaches and parents who helped put on the camp and to the sponsor, Teck.



For more information contact the Hollyburn Cross Country Ski Club email info@hollyburnxc.ca , website www.hollyburnxc.ca or CCBC Office at (250) 545-9600 email techcoord@crosscountrybc.ca or website www.crosscountrybc.ca