

Teck Regional Camp Program



This past weekend, the Caledonia Nordic Ski Club and coach Andrew Casey hosted the Teck Northern Regional Dryland cross-country ski camp in and around the Prince George area. The camp attracted athletes from Quesnel, Burns Lake, and Prince George ranging in age from 9-16 years old. The athletes had a great time and put some solid fall training under their belts in anticipation for the coming winter racing season. All participants participated in roller skiing, technique improvement; trail running, ski walking, hill bounding, core strength workouts, and stretching sessions.

With excellent weather all three days; this really made for some easy training, as motivation was found in all kids in great abundance.



A special thank you to Teck, the title sponsor for the event and Save On Foods for supplying some of the food for the camp. Recognition should also be given to all volunteers, parents, and coaches for making this event a great success. Without the help from all parties, this camp couldn't have gone off as successfully.



For more information contact the Caledonia Nordic Ski Club at (250) 564-3809 email: office@caledonianordic.com, website: www.caledonianordic.com or CCBC Office at (250) 545-9600 or email: techcoord@crosscountrybc.ca website: www.crosscountrybc.ca