

Whistler Skiers on Snow at Teck Regional Camp

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FOR IMMEDIATE RELEASE

(Whistler, BC) – Whistler Nordics hosted the most recent in series of Teck Regional Snow Camps from December 13-15 at Whistler Olympic Park. Despite some challenging weather snow conditions, the camp was alive with the excitement of being on snow and working on ski technique.

A total of thirty skiers, aged 9-14 from across the lower mainland participated in the camp. The ski clubs, including Whistler Nordics, Spud Valley Nordics (Pemberton) and Hollyburn (Vancouver), sent both coaches and athletes to Whistler for the weekend. The camp activities were all focused on improving the ski technique of the participants while also encouraging fun and camaraderie.

The camp started with some skate ski technique work on a 3 km loop, but as Saturday progressed and the rain started to fall, the snow was melting rapidly. Coaches quickly modified the program and terrain to a 1 km loop and some fun games, like capture the flag and relays on the toboggan hill over the balance of Saturday and Sunday. “The kids

were amazing – their awesome energy and the positive fun feeling was not at all impacted by the rain and tough conditions,” noted Jessica Aldighieri, camp head coach.



The next Teck Regional Snow Camp in the Coast Region will be from December 27-30 at Mt. Washington on Vancouver Island.

Cross Country BC, the provincial sport governing body for cross-country skiing in British Columbia is a non-for-profit, club-based organization of more than 17,000 members. Cross Country BC 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 Ltd. is the title sponsor of Cross Country BC'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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