

Kootenay Skiers Enjoy Some Early Season Stride and Glide

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FOR IMMEDIATE RELEASE

(Rossland, BC) – Young cross country skiers from Rossland and Nelson started their season with an on-snow training camp this weekend, November 23 and 24, in Rossland, BC. The Teck Regional Snow Camp was focused on athletes between the ages of 10-14 years.

The camp featured lots of skiing, at Black Jack Cross Country Ski Club on Saturday and at Paulson (near Castlegar) on Sunday. Although the snow was still slim in places, the Black Jack Cross Country Ski Club was able to provide some good groomed conditions out of their upper stadium and biathlon area. “Getting early on-snow kilometers is really important in our sport,” advised coach Dave Wood, “Most importantly, for this age group, we were able to work on technique and generally enjoy the sport and have some fun.”

The camp was relatively small, with only 17 athletes, but that also afforded the group some unique opportunities, such as a potluck dinner on Saturday night with all participants and their families. “Social events are important at any camp, to keep the kids interested and social,” commented Wood.

The next cross country ski event for Kootenay skiers is the Teck Regional Cup race on December 14/15, also hosted by Black Jack Cross Country Ski Club in Rossland, BC.

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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