



For Release – October 3, 2018



The Teck regional fall dryland camp with guest Devon Kershaw was a great kick-off to the 2018-2019 season!

Hollyburn Cross Country Ski Club recently hosted the first dryland camp of the season in Whistler on September 21-23. It was well attended with 59 kids, 15 coaches, and 4 parents on the 'support' team!

On Friday night, following a camp meeting and intro to the Devon Kershaw, the kids settled into the Athletes Centre and hit their beds early in anticipation of the action packed Saturday schedule.

The next morning the athletes made a bagged lunch and we headed up to Whistler Olympic Park for roller skiing, ski bounding and ski striding. The kids all had the opportunity to test their roller skiing skills on a fun agility course too. Many of the kids put roller skis on for the very first time at the camp! In the mid afternoon we returned back to the Athletes Centre for some fun

soccer matches---the coaches vs. kids match in the pouring rain generated lots of laughs! We topped off the activities for the day with a little walk on Whistler's famous 'Trainwreck Trail'. Later in the evening, Devon and two other Olympians, Drew Goldsack and Phil Widmer, gave a talk about their time on the National Team. They really stressed the importance of being 'a team' and how it is *not about the podiums and medals* but more so about really wonderful experiences along the way!



Sunday was the 'big hike day' in the shadow of stunning Black Tusk. Our club offered various routes to suit all abilities. The minimum amount hiked by the little ones was 12km and some of the older kids ran about 30km! After some great efforts, the athletes returned back to the Athletes Centre to be greeted by grilled cheese and hot soup. Devon signed many Buffs before we all said good-bye. We are sure that all the kids slept very well upon returning home!

For all media inquiries please contact **Jeneen Sutherland** at jeneensutherland@gmail.com or 604 561 4135.

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 18,000 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 for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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