

Hi Everyone,

Carolyn and I have just returned from the BC Talent Squad Camp in 100 Mile House. The Talent Squad is comprised of 13-15 year olds who are dedicated to cross country skiing. Here is a link to some videos prepared by one of the parents - Petar Georgyev from the weekend:

<https://vimeo.com/232187049>

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[BCTS day 2, FT RS](https://vimeo.com/232187049)

vimeo.com

Agility and sprints

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<https://vimeo.com/232184596>

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[BCTS camp, day 1 - ski striding](https://vimeo.com/232184596)

vimeo.com

This is "BCTS camp, day 1 - ski striding" by Abagar on Vimeo, the home for high quality videos and the people who love them.

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<https://vimeo.com/232105618>



## [Day 1, BCTS camp](#)

vimeo.com

Classic RS session. Focus on DP, with video analys, up-the-hill DS and sprints

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As you can see, the athletes are extremely skilled and very fit. Most importantly, the participants are also thoroughly enjoying themselves. These are the outcomes from lots of practice in a fun team environment.

I have set three important goals for the upcoming winter. First, personally I want to lead a well-prepared team to the Midget Championships in Revelstoke on March 3-4. Second, I will work with the other coaches to prepare our 2003 and 2004 athletes for a chance to participate in the 2018 Winter Games, which will be hosted by Overlander Ski Club at Stake Lake. Third, your team of coaches will prepare those athletes who have expressed an interest in participating in the Nationals in Thunder Bay. Carolyn and Hanni-Lee are busy training for that event.

The Regional DryLand and On-snow Camps are the best bang-for-the-buck for developing our athletes' skills and also for building our team. The progress and growth our athletes make over the course of a single camp is always impressive. The main purpose of this email is to encourage you to enroll in these camps. Here is a link to the details for these camps:

<http://www.crosscountrybc.ca/teck-regional-camp-schedule>

As of Sept. 5, a total of 77 participants have registered for the Revelstoke Camp on September 15-17, including the entire McCleary and Grover families. Please consider joining us in the future!