

CCC High Performance Coordinator Report – Ontario Division

This is an update of what your Eastern CCC High Performance Coordinator has been up to in your neighbourhood.

I attended the SOD High Performance Training Camp held at Hardwood Ski and Bike from Aug 11 to 15. This was a successful camp with 20 females, 27 males and 15 Ontario Coaches. To assist at the camp we had 3 Cdn NST athletes (Graeme Killick, Len Valjas, Perianne Jones), 1 Cdn NST coach (Eric DeNys) , 1 US NST member (Kikkan Randall), and a former International track athlete and national level skier (Jeff Ellis).

This camp incorporated a Female Talent Squad (FTS) component. Four of the six FTS Ontario athletes were in attendance as well as 2 Alberta FTS athletes. This component was my primary focus for day one. The FTS day involved a ski striding technique session and then intensity session with Kikkan and Perianne. Time was also given to the female coaches (3) during this session to learn error detection and correction. Athletes and coaches also learned double pole technique from the NST females and then had the opportunity to work on sprint starts with two of North Americas great sprinters.

For the remainder of the camp, I was made available for hands on coaching. One aspect of the camp that could be improved upon for future HP camps concerns the coach education component of the camp. I would recommend that one of the more experienced coaches coordinate technique refreshers for the learning coaches involved. I would have no problem taking on this role in the future. This would provide more purpose and direction to the coaches when athletes are off training.

From there I traveled to North Bay to assist in their Tuesday evening workout. Approx 8 or 9 athletes were in attendance where Toivo and myself reviewed ski striding with athletes before completing an anaerobic threshold workout. (One OST athlete in attendance)

On Wednesday I attended a full day mini training camp organized by Patti Kitler for Walden Ski and Fitness Club. Seventeen athletes were in attendance, including two Ontario Team athletes as well as 2 club coaches. The focus was on rollerski technique and we spent the majority of our time on rollerskis with some video review. This was a great camp and something that could be incorporated into club visits more often during the summer or holidays during the school year.

I made myself available for the Laurentian Ski Team. Unfortunately, in spite of giving a months' notice that I would be in town and available, no athletes attended the training session. This was disappointing to say the least. Even though non-university athletes are on this team, a date during the school year would have been more appropriate.

The final event of the two week road trip was to attend the NOD Midget Camp in Sault Ste. Marie on Aug 20 to 22. In attendance were 21 athletes and 3 coaches from two clubs – Walden and Soo Finnish. This was a highly successful camp organized by Helen Lindfors. Athletes had sessions on double pole roller skiing, skate roller skiing, ski striding, strength circuit, balance and agility, hiking as well as a

number of sprint and agility games. Jack Carlyle (OST member) along with older Junior athletes assisted at the camp.

Overall a good use of two weeks and provided me with an overview of programming occurring in Northern Ontario. The next time I am through the region I will attempt to visit Timmins and Temiskaming Nordic.