



**Cross Country Ontario
Northern Ontario District Fall
Training Camp 2011:
Camp Report**



344 Algonquin, North Bay

**November 18, 19, 20
North Bay, ON**



1704 Seymour St.
North Bay

Hosted by:

North Bay Nordic and Nipissing Nordic



117-1984 Regent St. Sudbury

"FUN, FIT, INTENSE!"



McKeown Ave. North Bay



Mike and Lori's No Frills on McKeown Ave. North Bay



66 Josephine St. North Bay

Camp Report:

By: Victor Wiltmann

Reports of snowfall in southern Ontario led to some crazy last minute ideas from jealous and snow-starved coaches here in North Bay; including renting a bus and chasing snow with 37 athletes in tow. The change in plans would have certainly lived up to our camp motto of: “**Fun, Fit, Intense!**”.

In the end, the camp went ahead as originally planned. After being divided to appropriately named groups (cleverly named by story-teller/Ontario Ski Team Coach Pavlina Sudrich and Toivo) the first workout got underway inside the Nipissing Gym while a teasing amount of snow fell outside. A strength circuit accompanied by music got everyone energized for the coming workouts over the next two days.

Following the workout and some great food the athletes had a chance to hear Dr. Barbi Law talk about the importance of sport psychology. The visualization, self talk and goal setting groups provided some insight into what makes Ontario skiers so fast. I will definitely be using “I am Canadian” and “this is good” in my self-talk so that I can attempt “put on a show for the crowd”. Unfortunately for me, I will probably only be able to conduct a show and tell of last night's dinner at the finish line; which according to some athletes also means you've had a good race...

On Saturday morning all the athletes congregated atop Laurentian Ski hill in preparation for some intervals. After some informative technique lessons from Eric and Pavlina, the athletes got right down to business. The loop for the intervals was a nice mix of climbing and descending with a North Bay sized climb right in the middle. In between the heavy panting I definitely saw some smiles... or were they grimaces of pain?

After all that was done and dusted, it was time for some excellent baked goods. As usual, the baked goods disappeared quickly as the ravenous athletics chowed down. Thanks again to all the North Bay skiers' parents who made the goodies!



Following lunch it was time for a technique and recovery workout. A few forgot equipment here and there, but generally most were excited to get some classic technique help from some the best in Canada! ... and dare I say the world/universe? In between all the training, some athletes even found time to try the disk golf course on Nipissing campus!

In the evening, the athletes again had the chance to take in some excellent advice about racing. The topic of pacing seemed to especially hit home with the athletes. Eric's story of a blazing fast start to a record breaking 22km run contrasted Andy's success with a slow start style; hopefully driving home the point that pacing is individual!

Just when all the athletes were thinking about starting the trip toward their beds, Pavlina took on her story-teller persona (which includes an impressive middle-aged Bulgarian father's accent) and reeled off a inspiring story of struggle, success and pride. Then finally, it was time for bed and some visualization for the following day's time trial.

Saturday Photos:



Photo Credits: Barry Birosh

With the chance of freezing rain overnight, the roller skiing time trial looked under threat, but Mother Nature gave us almost perfect conditions to simulate a race! A little more sun would have been nice...

After a small delay, the race was underway and the race course quickly filled with athletes pushing their limits. In the process, a new course record was set by Andy Shields who beat out NDC compatriot Chris Hamilton's record by one tenth of a second.

“Fun Stats”:

If the annual improvement in course records continues...

- In the year 2967, the first participant will ski faster than the speed of light; potentially sending them into the future. This will undoubtedly cause major complications for attendance at the awards ceremony...



Warm-up Time.

OK... let's not get carried away. I am just getting excited about the potential speed of the Ontario's young skiers!

Andy's performance wasn't the only standout on the day though. I am pretty sure I had the smell of burned roller ski rubber in my nose every time a skier crossed the finish line. Excellent work skiers!

To wrap everything up skiers were treated to some Wendy's chilli, some pirogies, veges and leftover baked goods. Some skiers were even able to pick up a couple great prizes before climbing into the car and plunging into a deep sleep on the way home! What a great way to end what was hopefully a great weekend for everyone.

Thank you...

Sponsors:

Wendy's for Sunday's chilli
Shoppers Drug Mart
Mike & Lori's No Frills for food donations
Greco's Pizza and Pasta
Tyler Bedard (Canada Bread Ltd.)
Canadian Tire
Dave Henschel P.T.
Nipissing University

Coaches and Presenters:

Eric Bailey (NST/NDC) and Andy Shields (NDC)
Pavlina Sudrich (Ontario Ski Team)
Dr. Barbi Law (Nipissing University)
Dr. Toivo Koivukoski (Nipissing University)
Patti Kitler (Walden Ski Club)
Peter Wiltmann (Georgian Nordic)
John Patterson (North Bay Nordic)
Sera Tempio (North Bay Nordic)

Food:

Lynda and John Patterson
Lorraine Hill

Billets:

Cynthia Stables and John Fraser for organizing
... and all the families who accepted billets!

Registration and Everything Financial:

Gary and Derek Jodouin
Tanya McCubbin

Emergency Medical Support:

Dr. Barry Birosh

The Awesome Toques:

Sera Tempio
Toivo and the JRT for our slogan!

Sunday's Time Trial/Scavenger Hunt:

Henning Helms
Wes Sutor
Karl Giesbrecht
Stewart Bowness
Dave Minden
Sera Tempio
Catherine Morabito-King
Judy and Brian Suke
Jake Porter
Dr. Barry Birosh
Nipissing's Physical Education Students
The Running Room (Sudbury)

Facilities:

Nipissing's Vito Castiglione
Trish Pecore and Laurentian Ski Hill

...and:

All of the North Bay Nordic parents
North Bay Nordic Ski Club's Board; volunteers

... and of course, all the athletes!

...and likely a few more...

Remember... FUN, FIT, INTENSE!



Photo: Barry Birosh