

Ontario Training camp #1 in Thunder Bay

by Patti Kitler

The LSSD camp, hosted by Big Thunder Nordic and organized by Adam Kates, was a great start to the athletes summer holidays.

Forty five Junior athletes were in attendance with support from the NTDC-Thunder Bay athletes. The younger athletes enjoyed the training groups lead by the NTDC athletes giving them more focus during the workouts. This year the camp atmosphere was excellent, and the support from the coaches supreme. The coaches attending the camp were: Eric Bailey NTDC Head Coach, Lisa Patterson CCC Eastern Coordinator, Kateri Mills CCO Coach, Mark Doble Hardwood Hills Coach and Patti Kitler CCO Coaching Coordinator/WCCFC Coach.

The athletes were billeted with athletes of their own age. The athletes were expected to train and train hard they did. The parents of Big Thunder athletes supplied meals to help the athletes regenerate so they were ready for the next workout. Thanks to all the families who stepped up to help make the out of town athletes feel at home.

The groups followed the LTAD model and athletes were divided into LTT, TTT and TTC groups the coaches worked with all the groups during the week. The Technique sessions expanded on the camp from last years. The athletes were asked to work being Dynamic, Determined, Drive and Purpose when working on technique. All athletes showed an improvement from the start to the end of the week. The workouts consisted of skate roller skiing, classic roller skiing, ski striding technique and intensity session, NST strength test, and a run out at the Sleeping Giant to cap off the five day camp. Educational sessions on Nutrition and High Performance skiing were also provided.

The athletes were more ready for the camp this year. Everyone completed their tasks and went home excited about training for the summer and talked about coming back next year. This camp is known as one of the toughest camps, definitely because of the length, but also because the athletes have the NTDC athletes to test themselves off and to learn what they have to improve to get closer to the top athletes in Ontario.

Thanks to all the volunteers and Adam for putting a great learning experience together for the kids. I know many athletes have already blocked off the week for next summer.