

NDC Thunder Bay Athlete Update Article:

By: Sam Greer



Early this September the team reunited in Thunder Bay, after being separated by their summer training camps. The girls had been in Quebec for an all-girls camp and the boys had been Hayward for our “Dudes Camp”. September for most of the athletes can be a bit more stressful time due to the start of school. This is of course a good stress for the athlete’s. School gives them something else to think about other than skiing. The team started our testing week on September 5th, two NTS athletes joined us for the week, Colin Ward from Nova Scotia and Levi Nadlersmith from Manitoba.

The week started off with the incremental workload treadmill test at PUSH Fitness, to see if our fitness levels have increased over the summer months. On the 8th the team participated in the monthly Fresh Air series trail run. Unfortunately, in August they experienced a very bad fire that resulted in damage to the entire store. Our focus at this event was to show our support for Fresh Air Experience, one of NDC's longstanding sponsors. The team ran also with younger racers to help motivate them and give them someone to chase. The goal was to make the race more fun the kids and I believe it worked very well. This event great event, there were 400 + people there to show their support as well.

The next morning the team competed the 3km uphill running test (the 9th), Mia Serratore ran an amazing 17 second PB. The next day the team competed a workout called Vic-agility. The name is pretty self-explanatory. For many of the athletes it is one of their favourite workouts. Later in the week, the camp finished off with back-to-back roller ski time trials. The first test was a skate roller ski uphill test and then repeated 25 minutes later double poling. It is as much a mind game due to the fact that you can see the top of the hill from the start which is very deceiving. The following day the team completed a roller ski skate distance time trial. The entire team beat their times from the test in May. Afterwards the team reconvened at the White’s camp for some post time trial recovery.



NDC at the "Fresh Air Strong Event".
#selfiestick.

After the testing week the team recuperated a bit, and went back into regular team training. On the 19th the senior athletes, Bob, Andy, Michael, Evan, Alannah and Scott, travelled to Park City to train with the National Team and the other Training Centres for a National Alignment Camp. Park City is at a



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higher altitude so the athletes have to watch how hard they train at risk of burning themselves out. The camp comprised of roller skiing, strength, running and ski striding workouts.

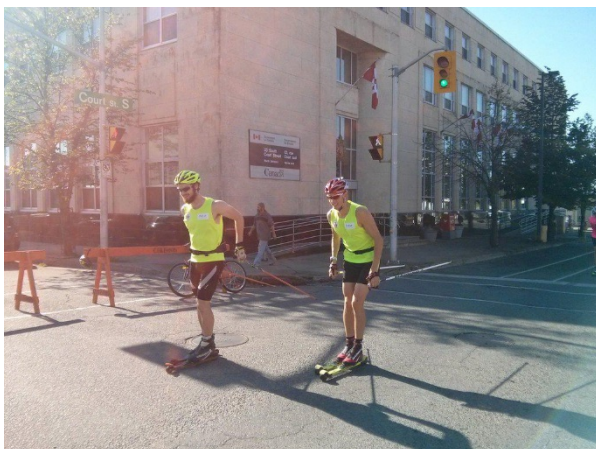
The athletes that have been in town have been doing regular training. They also have been involved in some community events, including "Exploring our Routes", on the 20th. The team was offering Nordic walking lessons at the Finnish Monument in Chapels Park. It was really great for the team to get out and share what we do.



Julian and Angus with two participants at "Exploring our Routes"

On the 27th the in-town team participated in the Open streets festival. This is annual event where a road in the downtown Port Author area is closed down for people to use. It was really great to see every one enjoying the road and as well as cheering for us.

Fall training is now coming in full swing and I am very excited. Thank you for reading!
Sam Greer



Angus and myself at Open Streets!



Devon Kershaw with NDC skiers in Park City

