



General News

Happy September Hollyburn!

We hope everyone is getting pumped for the ski season! We have decided to reinstate our newsletter, **THE STRIDE**. The purpose of this piece is to function as a monthly club communication that ties together all programs. However, we encourage everyone to visit www.hollyburnxc.ca to see all the information that is hosted on our site.

Registration Reminder

Registration is now open for key volunteers. General registration opens on September 23.

Coaching Courses

If you are interested in coaching or getting a new certification level, now is the time to block dates for Fall courses. Here is the progression of course dates for this year:

1. **Initiation in Sport on-line module (IS)**: required for all coaches (approx. 1 hour)
2. **Introduction to Community Coaching (ICC) on-line module**: required for all coaches
3. **Community Coaching (CC) Course (Nov 24-25)**
4. **Learn to Train Dryland (L2T-D)**: Required for Track Attack coaches (**Oct 20-21**)
5. **Learn to Train On-Snow (L2T-OS)**: Required for Track Attack coaches (**Nov 24-25**)

It Takes a Village...

A ski village that is! We just wanted to stress the importance of volunteering within our club. During the season we especially need race officials; there is an officials course on **November 17**. The club will be most grateful to anyone who signs up for this.

Important Dates

Club Calendar

There are many dates to note for the up and coming season.

Please be sure to take a look at the calendar on our website and mark down relevant dates for your family:

<http://www.hollyburnxc.ca/events/2018-09/>

Competition Schedule

Please take a look at the CCBC 2018/2019 competition schedule. Your coach will inform you as to which races are suitable for your child. The Coast Cup races are definitely suitable for all kids.

<https://www.crosscountrybc.ca/competition-schedule>

September Dates

see club calendar for full details

Sept 3-14: Early registration for key volunteers

Sept 23-30: Regular registration

Sept 21-23: Regional Whistler Dryland Camp for kids 2009 and older

Sept 24: Waxing Course hosted by Graham Maclean

BUY YOUR SKI PASSES!





Jackrabbit News: note from Joanne

We are looking forward to the season ahead. **We are in need of hot chocolate coordinators for all sessions, a Sunday AM assistant, and 'events coordinators' for all sessions.** All of the roles are detailed on the website and it is great way to meet new people. If you have any questions or may be interested, please email jo_fenwick@yahoo.com. All the session coordinators from last year are returning. Big thanks to the individuals listed below:

Saturday AM: Jen Gow and Laurel Parsons

Sunday AM: Jessica Bratty

Sunday PM: Rosie Cooper



Heidi's Track Attack Update

We are finalizing the Fall dryland schedule. Our goal is to hold a couple of practises per week focussing on roller skiing, trail running & team building. An email will be sent around in the near future to all TA families.

In November, TA will also have an opportunity to enjoy the Callaghan Gold pre season snow at Whistler Olympic Park.

If you have any questions about the TA program please email Heidi or Graeme at gnh@telus.net.

On October 22, we will hold our annual TA information session.



Adventurers' Adventures: a few words from Bob

Skiing is more than just racing. In Adventurers, we will ski off the groomed trails, snowshoe up Hollyburn Peak, learn the art of the telemark turn, practice with avalanche beacons, dig snow caves and spend the night in a Hollyburn cabin. Looking forward to another season of Adventurers and fun in the snow!



Jake's Race Team Report

We have had a wonderful dryland training season. Regular practices have been two to four times per week with sessions including roller skiing on the Stanley Park seawall and at the Seymour Demo Forest, ski bounding at Cleveland Dam, running and strength practices at Stanley Park and lots of adventurous trail runs and hikes. We also had a five day back packing trip on the Sunshine Coast.

The training year kicked off with a combination on-snow/dryland camp at Silver Star in early May. This was a wonderful team bonding event with a group of our younger athletes being joined by our elite athlete Katie Weaver and some of her National Team friends.

We are excited for the Fall dryland season with regular practices about five days per week including strength training at Level 10.

