



# HOLLYBURN

Cross Country Ski Club



**THE STRIDE**  
October 2018 Newsletter



*Dryland at WOP with Devon Kershaw (yellow jacket)!*

## General News

### **September Regional Dryland Camp a Tremendous Success!**

Hollyburn hosted 60 kids (aged 2009 and up) from the Sea to Sky corridor during this first regional coastal camp in Whistler. It was very exciting – four-time Olympian Devon Kershaw was our guest coach! The kids roller skied, ski strided, ski bounded, did a giant hike in the shadow of Black Tusk and even played a friendly soccer match against the coaches! We would like to say a big thanks to all the tireless volunteers who pulled off this weekend. You can read more about the camp here: <http://www.hollyburnxc.ca/teck-regional-dryland-camp/>

### **Registration Update**

We have seen great registration numbers for the 2018-2019 season. 183 families have registered and we would like to extend a warm welcome to the 33 new families!

### **Hollyburn Clothing (Any questions? Please email Jane Pike at [pikejane@telus.net](mailto:pikejane@telus.net))**

There are a variety of Hollyburn clothing items available for sale:

-**Long sleeve t-shirts** - 14 still available, mostly Adult Small, but a few smaller sizes will be for sale at the AGM. \$20

-**Race Suits** (from Sportful) - Initial order deadline has passed but if there is enough demand, another order could be placed by end of October (note minimum 10 week delivery)

-**Warm-up Suits** (from Jakroo) - Fit Kit will be available at Deep Cove Outdoors, now known as Coast Outdoors, at the AGM. Further information and ordering link will be sent out mid-Oct. with a deadline Oct 31)

-**NEW! Waterproof Thermal Jackets** (from StormTech) - Fit Kit will be available at the AGM. Further information and ordering link will be sent out mid-Oct.

### **CLUB AGM-SAVE THE DATE OCTOBER 18**

The Club AGM, buy night and Ski Swap is on **Thursday, October 18** from 6:30 to 8:30PM at Coast Outdoors (formerly Deep Cove Outdoors).



## Jackrabbit News

We have had fantastic enrollment for this years Jackrabbit's programs with 145 skiers registered. Currently most classes are full and a big thanks to the 40 coaches who have volunteered! If there is anyone else who is available to coach or be a back up coach please email [hccscreg@gmail.com](mailto:hccscreg@gmail.com) to register. The JR coaches meeting will take place on **Tues, Nov 20th from 7-9 PM** at the Hillcrest Community Center, Vancouver.



## Track Attack Update

The dryland training season is underway! Please look out for weekly updates from Heidi. Our TA pre-season kick off and potluck pizza party will be at the Delbrook Recreation Centre on **Saturday, October 20 from 6-8 PM** (coaches meet at 5). Also please bring any used gear to sell.



## Race Team Report

Our race team is getting super fit with all the striding, bounding, roller skiing and running sessions!

Our annual 'pre-snow' potluck evening for RT families will happen at Jake and Birgit's on **Sunday, October 21 at 5:30PM**. This is a very important evening as Jake will explain the race calendar for the year.

## October Dates to Note

Please get into the habit of looking at our website calendar to plan your season:

<http://www.hollyburnxc.ca/events/>

**October 18:** Club AGM, 6:30-8:30PM at Coast Outdoors

**October 20 & 21:** Coaching Course, Dryland 'Learn to Train'

**October 20:** Track Attack Kick Off at Delbrook Rec Centre (5PM for coaches, 6-8 for everyone else)

**October 21:** Race Team Evening at Jake & Birgit's Place 5:30PM

**October 27:** **Foodsafe Course** in Lynn Valley, 881 Hendecourt Rd. Please consider this course if you handle food for the club.

And for kids 2009 or older, be sure to reserve the weekend of **November 16<sup>th</sup>** for the first Teck regional snow camp!

**BUY YOUR SKI PASSES!**

