



HOLLYBURN
Cross Country Ski Club



THE STRIDE

Summer 2019 Edition



General News

It was an epic season for Hollyburn families! Here's a little 'catch up' and the newsletter will be back in the fall.

FREYA HAD A SUPER TRIP TO RUSSIA FOR THE WORLD UNIVERSITY GAMES

A special note from Freya: Thank you to everyone who supported me in preparing for the games this year and throughout my ski career, including my family. I feel so grateful to Hollyburn for being the most amazing club. Without your support both personally and financially I would not have been able to have this opportunity. Thank you to Jake Weaver for being the best coach; thank you for all of the hard work you put into helping me achieve my goals this year. Thank you also to sponsorship from Coast Outdoors. In sharing this experience at the World University Games, I hope I have convinced Hollyburn's younger athletes that it is possible to pursue a post secondary education while competing in elite sports, with international opportunities.

Read all about Freya's trip on our homepage: <http://www.hollyburnxc.ca/>

HOLLYBURN ATHLETES MADE THE CLUB PROUD AT NATIONALS

Six of our athletes competed at Nationals in Gatineau this past spring. It was an awesome experience and we had some near podium placements!

FINAL GOOD BYE TO BC SNOW AT SPRING CAMPS

There were two great camps this past May: 'Spring Fling' at Sovereign Lakes was tons of fun and some of our athletes joined the Strathcona team for their final camp.

RACE TEAM GIRLS KICKED BUTT AT SNOW TO SURF!



The Hollyburn Race Team Girls pulled together a team for the famous 'Snow to Surf' relay this past April. The event started at Mt. Washington and finished down in the ocean! There were eight different relay portions-alpine skiing, cross country skiing, running, mountain biking, kayaking, road cycling, and canoeing! They were the first placed junior team, second placed women's team and they placed 20th out of 137 total teams! Way to go girls!

RACE TEAM SPRING TRAINING BACK IN FULL SWING

After taking a break in April, the race team is now training four/five times a week with roller skiing, trail running, fitness testing and strength training. The team will do their annual multi-night backpacking trip this August. We also have many multi-sport athletes pursuing other sports this spring too such as track & field, paddling, cycling, field hockey, soccer etc.!

WINTER 2020 EXCHANGE OPPORTUNITY FOR KIDS BORN 2005-2007

There is an opportunity for our athletes born 2005-2007 to participate in an exchange next year with the Chelsea Nordic Club in Quebec. If you are interested please contact Corinne Mounce at hccsreg@gmail.com.

RACE SCHEDULE FOR 2019-2020

It's never too early to start planning your winter! Check out the competition schedule on the CCBC website: <http://www.crosscountrybc.ca/competition-schedule>

COACHING COURSE SCHEDULE FOR 2019-2020

Thanks to all our coaches for their commitment this past year. If you are keen to continue the progression of certification levels please see the calendar for next year: <https://www.crosscountrybc.ca/coach-workshop-schedule>. Nancy Hill will send out more communications in the fall but you may want to take note of some dates now.



**HAPPY
SUMMER!
STAY FIT!
Have fun!**

