



We did it! Hollyburn reaches Fundraising Goal!

We have some very good news in these times of COVID: our third Operation Snowball fundraiser was a great success! Thanks to all those who generously donated and special thanks to our secret donor who boosted the club with \$5000 matching funds to reach our final goal of \$15,000!

End of Season Note from Head Race Team Coach Jake Weaver

What a season! 2019-2020 started late due to lack of snow and ended early because of COVID-19. But there is no denying that we had a spectacular couple of months. During these times as we look back and reflect, I have no doubt that we all feel so fortunate to be part of our wonderful club.

BC Championships in early March was the highlight of our race season. The Telemark Club in West Kelowna hosted and everything was perfect - the race organization, courses, trail and snow conditions were great. BC Champs is an excellent opportunity for clubs to bring out all their athletes from U8's to older Masters and the relays are always a highlight. This year was definitely Hollyburn's biggest turnout. Almost all the Race Team members attended as well as many Track Attack and Jackrabbit athletes. We had really strong results with many medals and even more smiles. It was a proud moment for the coaches.

Unfortunately, Nationals at Sovereign Lake in late March, was cancelled. This was particularly disappointing because with its being so close, we had a large group signed up to attend. Many athletes trained the whole year with the plan to "peak" for the last week in March. I am sure they would have proven to be among the best in Canada. That being said, all in all it was a great season for the team and coaches.

After a few weeks of unstructured solo activities, the Race Team is starting again with a training plan. Workouts are being adapted so that the athletes can do all the training on their own. We obviously don't know how long until we can have team practices but I am sure we will all be more appreciative of each others' company once that happens.

Ideas for XC Ski Inspiration during COVID-19 Times

It can be difficult to stay motivated during these times but we are so lucky to live here in BC and still have access the great outdoors. In many countries around the world people can't even go outside. Here's some fun ideas to keep your family engaged in XC skiing during these times:

- Create a photo album or collage of your best pics of skiing over the years. You can order photos online and have them delivered.
- Go for a family hike/run in your favourite local trails but please only play outside with those in your household and keep a safe distance from others. **It is critical that we all do our part to keep regional parks open.**
- Put storage wax on your skis
- Watch XC ski videos on the FIS website: <https://www.fis-ski.com/en/cross-country>
- Roller skiing and cycling are great in the off-season. Cypress is closed to cars so a ride up to the lookout or beyond can bring back those ski vibes!
- Make some poutine at home and pretend you are at Hollyburn Lodge!
- If you are feeling stressed out during these times simply close your eyes and imagine your happy place skiing!

Interview with Katie Weaver Back from World Cup Circuit

Katie had an incredible experience on the World Cup Circuit in Europe this past winter. Race Team member Madeleine Pollock recently caught up with Katie for an interview at 6 feet apart of course! Check out the interview (expertly filmed by Track Attacker West Pollock):

<https://youtu.be/jjJq6HEI8UA>



Thank-you coaches and volunteers for all your excellent work this season!

Coaches' Corner

We are looking for a **Coach Coordinator** or **Assistant Coordinator** for next season. Please contact Nancy Hill if you are interested: Nancy_e_h@yahoo.com

And if you are interested in coaching or advancing your coach training for next season please also reach out to Nancy.

Do you still have a red coach vest?

If anyone has a red coach vest or Jackrabbits bib to return please reach out to Joanne (jo_fenwick@yahoo.com) and she will let you know a contact-free place to drop them or make plans to get them later this year.

