



General News

TECK COAST CUP #1 IS RIGHT AROUND THE CORNER AND WE WANT YOU!

Hollyburn is hosting the first Coast Cup of the season on Sunday, December 2 at Whistler Olympic Park. Register for the race or volunteer to help out. **This race is suitable for all ages and abilities and is sure to be a lot of fun!** If you plan on attending to watch your kids, there are lots of volunteer jobs you can do and still see them race.

Check out the race notice here:

<http://www.hollyburnxc.ca/wp-content/uploads/2018/11/Coast-Cup-1-2018-Race-Notice.pdf>

And if you want to volunteer as an official, don't forget about our Officials Level 1 course on Saturday, November 17. There are still spaces left and the deadline for registration is Sunday, November 11. Course location is downtown Vancouver and lunch will be provided. Register here: <https://zone4.ca/register.asp?id=18738>

GOLD SNOW HAS BEEN UNVEILED!

Our track attack and race team have been enjoying the early season 'Callaghan Gold' snow up at Whistler Olympic Park. Snow that has been stored from last season has been formed into a 1.5 km track. We are very lucky to have the opportunity to ski on this snow as a club.

FANTASTIC RESULTS AT FROZEN THUNDER FOR FORMER HOLLYBURN RACE TEAM MEMBERS

Anna Goodwin, Jenna Sim and Katie Weaver recently competed at this early season race in Canmore. It was a great event with some of the best skiers in Canada taking part. Katie duked it out in the Kings Court sprint race to a third place finish! To those of you that are new to the club, Hollyburn has produced some very talented skiers.

MASTERS PROGRAM RETURNS!

If you are an adult (past the beginner stage) and want to improve your ski technique this is the program for you. Once the snow arrives, we will be offering a masters class up Cypress every Thursday from 6:30-8PM. If you are interested please contact Corinne at hccscreg@gmail.com.

Jackrabbit News



We are in the process of assigning skiers to groups. Coaches will be sending out a welcome email at the end of November. Our first sessions are December 9th and 10th if Cypress is open! Please try to pick up your pass before your first session if you ski in the morning as the ticket office may not be open before 9am when we start.

REMINDER: The Jackrabbit coaches meeting will take place on **Tues, Nov 20th from 7-9 PM** at the Hillcrest Community Center, Vancouver.



TA Rollerski at Empire

Track Attack Update

We recently had a great kick-off at the Delbrook Community Centre! Fall dryland continues to draw a good crowd with our roller ski sessions at Empire fields. We are also enjoying the gold snow.

It is time to book Midgets and BC Champs accommodation. Look out for an email from Heidi.



Race Team Report

Our race team athletes are getting fit and fast with all the dryland this fall. We even had a number of our athletes go to provincials for cross country running!

ATTN Race Team Families: please update the race spreadsheet as accurately as you can for the season. This is very important for planning purposes.



Feeling GOLDEN!

November Dates to Note

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

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

November 16-18: Teck Regional 'on snow' camp hosted by Whistler Nordics.

November 17: CCC Level 1 Officials Course

November 20: Jackrabbit Coach Meeting

November 21 & 22: Wax Clinic with Graham

November 24 & 25:

-Club Camp at WOP (not a sleep away camp)

-Coaching Course-Intro to Community Coaching

-Coaching Course-Learn to Train On Snow

-Coach Refresher Skill Sessions

And be sure to mark the first Coast Cup, Sunday, December 2, on your calendar!

