



Race Team at Sovereign Lake Camp in Early November

General News

Ramping up for 2019/2020 Season!

It is snow dance time! Callaghan Gold is open and we are anticipating another great season at Cypress. However, if the snow does not arrive in time for our first sessions on December 7 & 8 then we will come up with alternate dryland plans. *We have actually decided to cancel our 'Club Camp' at Whistler Olympic Park on the weekend of November 23 as the Whistler snow is sparse.* However, the November 30-December 1 camp is still going to run at this time.

Gear Swap

Looking to buy or sell used ski gear? Be sure to check out our gear swap on the website.

<http://www.hollyburnxc.ca/club/message-board/>

Exchange with Chelsea Nordics

Hollyburn, together with our neighbouring clubs, is hosting a group of kids from Chelsea Nordics from December 31 until January 8. They will be spending time in Vancouver and Whistler and we are in the process of planning some fun days for them. Six 12 and 13 year old skiers from our club are participating and they will be going to Ottawa in February, along with coaches Averil Lamont and John Arkesteijn. If you see the Chelsea kids out on the trail please give them a warm welcome!

December Coast Cups

The first races of the season will be kicking off soon with the Coast Cup 1 on December 1 and the Coast Cup 2 on December 21. We highly encourage all Hollyburn athletes to participate in these races. They are a lot of fun and are designed for all ages and abilities (even mom and dad can race too). So let's support our ski community and show our sponsors that we are vested in this sport! And the December 21 Coast Cup is the Winter Games Trials for kids born in 2005 & 2006.

Jackrabbit News

The Jackrabbits program is scheduled to begin on snow on December 7 & 8 if Cypress is open. Coaches will be reaching out to all Bunnies and Jackrabbits before November 30th to introduce themselves to confirm class assignments and meeting places. As usual we expect there to be some movement of groups during the first few sessions as we place each skier in the group that is best suited to their ability. We find that kids have the most fun skiing in a group that is the right skill level. And please feel free to communicate at any time with your session coordinator or Jackrabbit coordinator. This year's session coordinators are: Jen Gow (Saturday AM), Jessica Bratty (Sunday AM) and Anna Tinker (Sunday PM).



Track Attack Evening Empire Session

Track Attack Update

Rollerski and trail running practices have been seeing good turnouts! Our TA social potluck was a great way to connect with our old ski buddies and we welcomed some new kids this year too! We will be practising on stored snow at WOP and look forward to Cypress opening. Coaches will be sending an introductory email to their groups in the near future. And watch for an email coming soon regarding details for Midgets (Kamloops Feb 22 & 23) and BC Champs (Kelowna Mar 6-8).



Race Team Report

Many of our race team members attended a provincial training camp up at Sovereign Lake last weekend.

Our athletes are getting ready for our first race team road trip to compete in NORAMS at Sovereign Lake on the first weekend of December. The race team is looking fit and fast after an excellent dryland season.



TA Girls on the XC Running Scene

Dates to Note

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

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

Nov 29-Dec 1: Teck On Snow Camp (Whistler)

Dec 1: Teck Coast Cup 1 (Whistler Olympic Park)

Dec 21: Teck Coast Cup 2 at WOP (Winter Games Trials for 2005/2006 kids)

December 27-30: Teck On Snow Camp (Strathcona)

Check out CCBC's competition schedule to plan your season:

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

Coaches' Corner

A BIG thank-you 'shout out' goes to many of our coaches who are taking weekend courses this Fall to upgrade their certification level.

You will also see our coaches donning nifty new coaching vests this season. Session coordinators will distribute these at the first snow session.

