



**HOLLYBURN**  
Cross Country Ski Club



**THE STRIDE**

January 2020 Newsletter

Hollyburn Skier, Katie Weaver, to ski the World Cup Circuit this winter!



Hollyburn's Katie Weaver has been selected by Nordiq Canada to participate in the World Cup for period 3. A team of four women and four men will depart Canada early January to compete in races at Dresden and Oberstdorf, Germany and Falun, Sweden. Katie is a Hollyburn club member and she lives and trains in Canmore with the Rocky Mountain Racers Team. **This will be the first time a Hollyburn athlete competes for Canada on the World Cup in Europe.** Katie was selected by winning the sprint qualifier and finishing 3rd in the heats at the NORAM selection race at Nakkertok, near Ottawa, three weeks ago.

She was also selected to race in the World Cup races in Mt. Ste. Anne, Quebec and Minneapolis, Minnesota in March.

For more information click on: <http://www.ccski.com/National-Ski-Team/Selection-Criteria/World-Cup-P3-2019-20-Team-Announcement.aspx#.XgQppUdKjIU>

***Congrats Katie, Hollyburn is so excited for you!***

## General News

### **Note regarding club etiquette up Cypress**

We are a very visible group at Cypress and as such we need to go out of our way to be courteous and safe. Coaches and parents should constantly remind athletes to:

- Be courteous of all the other skiers on the trails and base area. Other skiers need to be able to pass by groups safely.
- Do not leave personal belongings in Hollyburn lodge or the brown bag room while skiing

### **Coast Cup and BC Winter Games Trials were a great success**

Thanks to all the volunteers and athletes who attended the Coast Cup and Winter Games Trials on December 21. Once we were confident that there was enough snow, the club pulled it together and hosted a fabulous first race of the season at Whistler Olympic Park. Over 100 athletes ranging in age from under eight to over 50 skied on courses from 750 metres to 10km. The team at Whistler Olympic Park also did an excellent job grooming the course. And several Hollyburn athletes qualified for the BC Winter Games to be held in Fort St. John in late February! You can see results here:

<https://zone4.ca/race/2019-12-21/b9153a84/results/>

### **Western Canadian Championships coming to WOP on January 17-19**

'Westerns', or the Haywood Western Canada Cup, always offers a fantastic weekend of racing featuring some of Canada's best XC skiers. CVXC is excited to host the champs this year. Competition is suitable for athletes in U14 category and up. Many volunteers are needed to make the event a success. If you can lend a hand, please consider offering your services; you can sign up here: <http://callaghanxcski.ca/events/westerns2020/volunteers/>.

### **'Master Class' & 'Coach Refresher' sessions on Thursdays this winter**

Starting on Thursday, January 9, we will be offering master ski classes from 6:30 to 8PM. And then from 8-9PM there will be drop in coach refresher sessions available too. If interested, please email [hccsc@gmail.com](mailto:hccsc@gmail.com). More info to follow in a detailed email.



### January/February Dates to Note

All important dates are listed here:

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

**Jan 4 & 5:** Teck BC Cup 1 Salmon Arm  
(for some TA and race team)

**Jan 17-19:** Haywood Western Canadian  
Champs at Whistler

**Jan 26:** Hollyburn Birkebeiner (fun club  
event for Jackrabbits up Cypress)

**Feb 1 & 2:** Teck BC Cup 2, Prince George

**Feb 8 & 9:** Teck Coast Cup 3&4 at WOP

**Feb 20-23:** BC Winter Games (for some  
race team in Fort St. John)

**Feb 22:** Coast Payak at WOP

**Feb 22 & 23:** BC Midgets at Stake Lake

## Jackrabbit News

The snow finally arrived and December turned out two great events for our JR skiers. The lantern ski at the end of December was loads of fun and special thanks to the Gitts for hosting so many families at their cabin. And big congrats to the JR athletes who participated in the Coast Cup in December!

Our next fun event is the Birkebeiner on January 26. Dress like a Birkie warrior and pack your favourite stuffie- we will re-enact the Birkie legend and ski the stuffies to safety amidst trolls lurking in the woods! There will also be storytime and treats. We will require some parent volunteers so please look out for communications in the near future.

*Regular club sessions will recommence on January 4.*



## Race Team Report

Despite lack of early season snow, our race team athletes have seen some fantastic early season results. They are en route to Salmon Arm for BC Cup 1 for this first weekend of January. And then on January 17-19 you can watch some of our race team athletes compete at Westerns. Training is in full force and the athletes are following a very specific plan that will allow them to peak for Nationals at Sovereign Lake in late March.

## Adventurers' Adventures

It's not all about the racing! Our Adventurers youth group is excited for another fun winter of honing their technique and learning important winter survival skills.

## Track Attack Update

We are excited for our sessions to recommence on January 4. Please consult the calendar to see if we will be doing skate or classic technique (we will alternate weekly).

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

Our next opportunities for fun competitions will be the Teck Coast Cups 3 & 4 at WOP on February 8 & 9. It would be great to see as many kids as possible come out and support this race series. Also Track Attack will be road tripping to the Midget Champs and BC Champs later this winter.

