

# NDC Thunder Bay Athlete Update Article By: David Askwith



July has been a fairly relaxed month spent training around Thunder Bay after coming back from our 14 day camp in Canmore, Alberta. On our return, we were involved with a local ski camp hosted by Big Thunder Ski Club for athletes from around Ontario. We spent a good amount of time helping the younger athletes with various skills needed to become a high level cross-country skier. I think I can speak for the whole team when I say it was definitely a rewarding experience to work with younger athletes. Helping them to build valuable skills and a love for sport that means so much to all of us.

Immediately after the training camp with Big Thunder. The Ontario Ski Team (OST) spent some time training in Thunder Bay with us. Our team also played a mentorship role for this camp but we were able to spend more time actually training with them as they are a bit older than most of the kids who attended the Big Thunder camp.



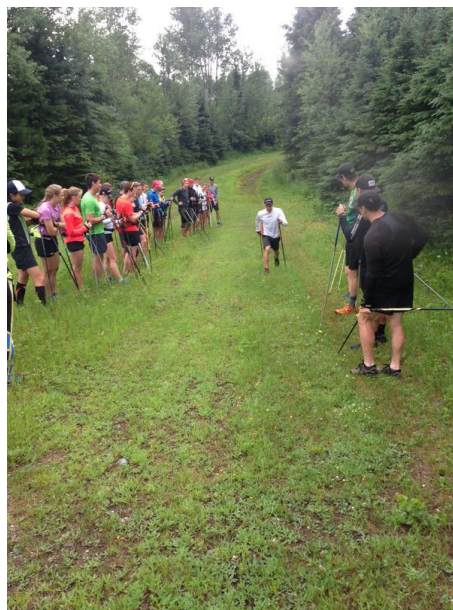
*Speaking to the Big Thunder Camp about the transition to training centre life.*

During the camp we really tried to introduce the OST to what it is like to be an athlete on the Training Centre. They were even able to participate in one of our regular testing activities - the 3k Uphill. Some of the OST posted some seriously impressive times.

We also spent a lot of time working on ski walking with some great technique chats ran by the older athletes on the team. I think this will be super beneficial for the up and coming athletes as skiing can really help make some huge improvements in classic technique if done correctly.



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*Andy demonstrating ski walking technique*

Some of our team also took part in some really fun activities outside of skiing. Such as being lucky enough to be invited to a Thunder Bay family's camp for a great day filled with time spent in the sauna and lots of various water sports such as tubing, wakeboarding and water skiing. Thanks again Liz and Paul Inkila. Another great activity was a talent show put on by the OST with dance routines to various songs. This definitely an extremely entertaining show of talent complete with celebrity judges (the coaches and some NDC athletes).

It really felt like the OST was only with us for a short period of time, but it was definitely a good time. Three of the athletes stayed in Thunder Bay for a bit more of an extended camp. I really enjoyed have some new faces in daily training.

Following these two camps we have been back to training as usual. A lot of our team has been travelling home to visit family and friends. As a result, we were training on our own more after those busy periods.

The full crew has been reunited briefly during this time we had a great little barbecue and a very intense game of croquet with some crazy intense obstacles to maneuver through. It was definitely an enchanting night.

In August the boys head to Hayward, Wisconsin while the girls head to Quebec for a camp with the rest of the women from around Canada.

- David



*A nice little group shot before the croquet battle began.*

