

NDC Thunder Bay Athlete Update Article – May 2015 By: Alannah Maclean



Welcome to the 2015/2016 season!

NDC Thunder Bay has kicked off the new ski season with a new team, and training is well underway. May 1st marks the beginning of a fresh season in the schedule of a skier—meaning a lot of long slow distance, watch tans and helmet hair. May means it is time to dust off the roller skis and figure out how to ski walk once again. Thus far, part of the team has already completed a volume/altitude camp at Sunshine Mountain in Canmore, AB, and the whole team has congregated and completed Boot Camp in Thunder Bay at the end of May.

Already, the 2015/2016 season has started on a high note with a historic five girls calling the training centre home. Mia Serratore and Katherine Stewart-Jones are welcomed to round out what is now one of the largest groups of girls at a training centre in Canada. New to the men's team is Angus Foster, a local athlete from Thunder Bay, and Michael Somppi, a returning NDC veteran.

Boot Camp is the rite of passage for new athletes in Thunder Bay. Not only is it the first time that the whole team gathers together, but it is also the first week of true training in the year. Boot Camp is essentially a camp designed to kick start your system into "training mode". The week starts off with the incremental workload treadmill test at PUSH Fitness Centre to establish baseline measures of blood lactate and heart rate up to exhaustion, which is followed by a 3km uphill run test a couple of days later, and finishes off with back-to-back roller ski time trials. Interspersed within the week are information sessions, socials to meet the team supporters and sponsors, and functional movement screens. With an average of 2 workouts and some form of information session each day, it is safe to say that Boot Camp is a busy week in the life of NDC skiers.

See the following pages for some pictures from Boot Camp!



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Katherine and Mia working on double pole technique with Victor



The veteran guys (Scott, Andy & Bob)



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Trying to remember how to ski walk



A little video analysis with Coach Timo

The team will be heading out to Canmore, AB for the first out of town training camp from June 18 – July 4th. NDC TBay will be joining the two other training centres for a joint training venture that will see all the top athletes in the country training together in the same place at the same time.

