

## World Junior and Under 23 Trip Update - Day 4

### Scott Hill

The whole team now feels like it is getting into a good routine here in Seefeld, Austria for our last day of skiing before we head to Romania tomorrow. From the looks of it this could be our last day of skiing for a few days as we have been getting some information about the snow situation in Romania and it is not looking good. It has been a great four days of skiing in Seefeld though and we all feel lucky to have had such a great opportunity to ski here and make the necessary adjustment to the time, food and lifestyle to give ourselves the best opportunity to race well once we get to Romania. Today was an easy ski day for most of the group and the goal was to get outside and try and shake off any fatigue from our first hard interval workout of the trip yesterday. After dinner tonight we drove from Seefeld back to Munich and stayed in Munich to be closer to the airport to catch our morning flight to Bucharest, Romania. Overall it was a great stay in Seefeld at the hotel Zum Gourmet. Here are some pictures from our last day in Seefeld.



There have been many sports teams that have stayed at the hotel we stayed at in Seefeld and it was cool to see all their pictures on the wall. Some notable athletes that have stayed at the hotel were Dario Cologna and Jens Voigt.



Here is NDC Thunder Bay alumni Jack Carlyle enjoying breakfast. The meals in Seefeld, and especially the breakfasts will be something that the whole team will all miss. The breakfast in our hotel always included a large selection of cereals, fresh fruit, cheeses, meats and breads and was a great way to start the day.



This is near the start point of the ski trails each day that started right in town. Even on week days there are always hundreds of people out enjoying the great ski conditions in one of the best places to ski in Europe at the moment.



Here is the team getting everything ready to depart Seefeld. It always amazes me the amount of gear skiers need to travel with and that we manage to get everything to the races in one piece.



Here is the team in the Munich airport with all the gear patiently waiting to check in. We got a lot of strange looks charging through the airport with about 25 big ski bags and duffle bags between the whole team while wearing bright red jackets and tuques. Up until now the trip has gone smoothly with only a few inevitable bumps in the road. Stay tuned for the next update from Romania.