

CVTC Summer Camp Report

(Whistler, BC) – Recently the Callaghan Valley Training Centre (CVTC) held it’s first-ever Summer Camp for BC Ski Team and older BC Development Squad athletes. The week-long camp, which was designed to give athletes a taste of what it is like to be a Training Centre athlete, included roller skiing, hiking, running, sport psychology, strength training, nutrition and a special hands-on cooking session from an experienced chef. It turned out to be an invaluable experience for all.

In addition to fitness testing and monitoring, athletes were also tested mentally. Thanks to Sport Psychologists Shannon Thomson and Sean Campbell the athletes were able to dig deep into their biggest goals and fears!

Of course, it wouldn’t be a training camp without games of soccer and swimming at the local watering hole.

One of the athletes in attendance was Erica Kreitz of the Caledonia Nordic Ski Club in Prince George. Being the only Northern athlete currently on the BC Ski Team, she said *“most of the training I do in Prince George happens on my own, so doing intensity work with other skiers can be a lot more motivating”*. Like Erica, all of the athletes at this camp reported having a great time. The coaches thought it was a very successful camp as well, and that the “summer camp” initiative was a step in the right direction.



The team enjoys the views near the top of “Black Tusk” Mountain near Whistler. This was part of a three hour run/hike.

The high coach-to-athlete ratio made for highly beneficial workouts, ensuring that each athlete received good feedback and had their needs met. Coaches in attendance were Chris Manhard (CVTC Head Coach), Maria Lundgren (CVTC Assistant Coach), Adam Elliot (Telemark Nordic Club Head Coach), Jessica Heyes (Hollyburn Cross Country Ski Club) and Dudley Coulter (Cross Country BC).

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