

News written by our readers
on Northwestern Ontario events.
YOUR.CHRONICLEJOURNAL.COM

Olympian lends a hand

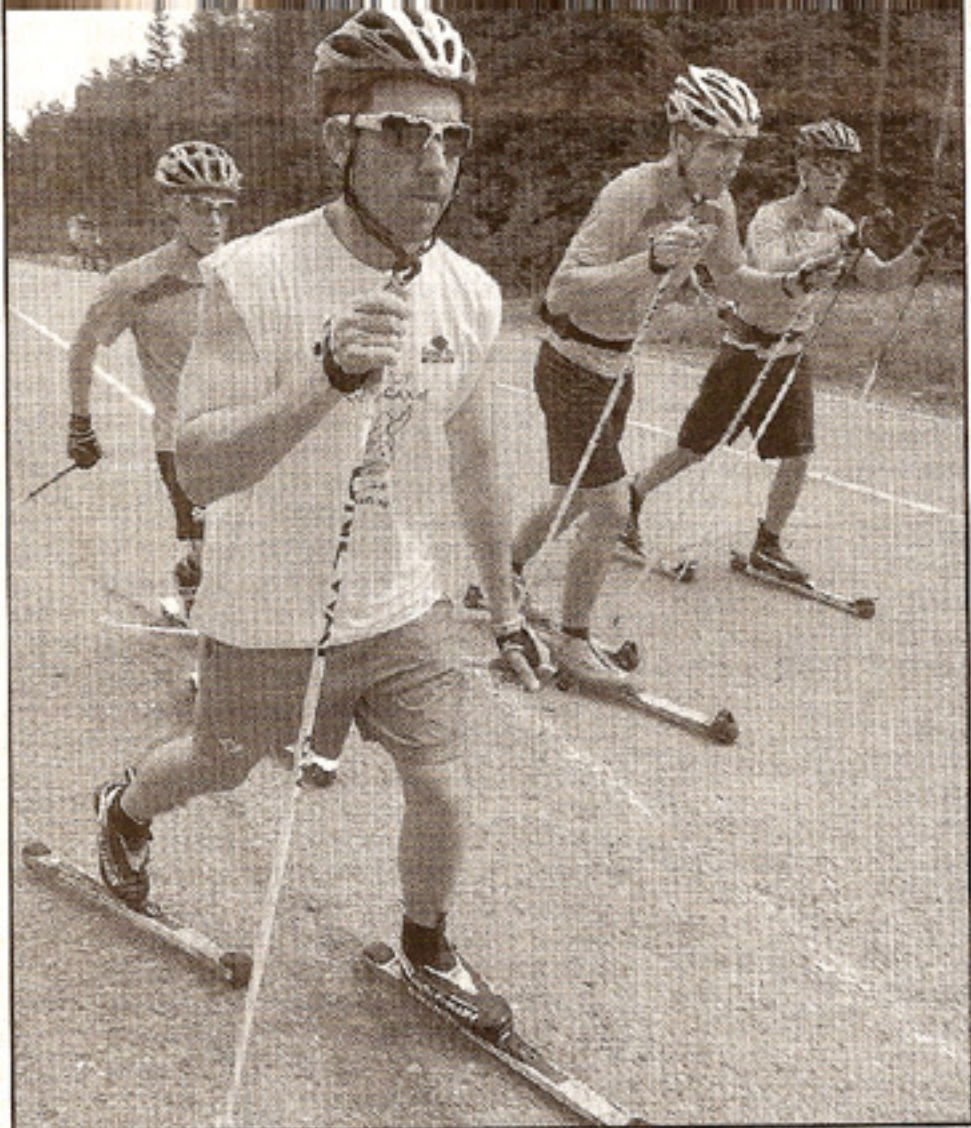
Over 70 athletes from across Ontario have been participating in the annual Lake Superior Ski District (LSSD) Cross Country Ski Dryland training camp in Thunder Bay over the past four days.

In its eighth year running this camp, the local Big Thunder ski club has hit the largest amount of participants to date with over half of the athletes from out of town.

Athletes have been participating in a variety of activities including rollerskiing at Kamview Nordic Centre, running at Centennial Park and Boulevard Lake, and will finish off the camp with a run to the top of the Sleeping Giant.

A highlight of this year's camp is 2010 Olympian, Stefan Kuhn. Kuhn, fresh out of retirement and working as a coach with the Alberta World Cup Academy, has come to this camp to teach and mentor these aspiring athletes and to pass on his knowledge of what it takes to achieve excellence in sport.

Kuhn said he hopes to motivate and inspire the next generation of



THE CHRONICLE-JOURNAL/BRENT LINTON

Olympian Stefan Kuhn trains with athletes in the Lake Superior Ski District (LSSD) dryland Monday at Kamview Nordic Centre.

Olympic athletes.

"To see these many enthusiastic athletes will only make our program stronger and stronger," he said in a statement. "It is a privilege to have been asked to come to this camp and

to pass on what I have learned in my own racing career. Teaching the younger generation not only to be great athletes but to be the best they can be in everyday life is very rewarding."

Thunder Bay National Development Centre athletes have also been acting as mentors and leaders for the up-and-coming skiers. Head coach Eric Bailey was very impressed by the athletes.

"Outreach programs such as these are pivotal in the success of skiers," Bailey said. "To have such a large number of athletes engaged in such a positive atmosphere with Olympic and National Team athletes will only bring the level of skiing up in Canada. I'm very intrigued to see what the future holds."

— Submitted by Amanda
Holdsworth