

Haig Glacier Training Camp

The perfect amount of right and wrong

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NDC Member 2011/2012



The first out-of-town training camp with our brand new Traum Team was unbelievable, it had its ups and downs but today I can say we left Canmore faster, stronger and better friends. In case you forgot or never knew, Traum is Dream in German, which is exactly what I feel when I think about our new team. Full of old and brand new talents I think that this will be our best season yet, and here is why. To be back in Canmore was an awesome feeling, its a skiers paradise to be in the home of Canadian Cross Country Skiing. Training in the same spots as our fellow National Ski Team members, countless people to train with, amazing facilities and good times. After all, Canmore is the host to Olympics, World Cups, Nationals and a number of other prestigious races.



lot of disc golf where Jordan holds the score of the week at seven under par, intense scrabble games and a dessert competition that blew the coaches away!

After eight days on what felt like another planet it was time to run back to civilization, seeing other human beings and a parking lot with cars in it felt like heaven, not to mention the pit stop at the candy store on the way out. The last week of our training camp down in Canmore included lots of swimming, barbecuing and sunny skies everyday. Slacking? I don't think so, when not lying around in the sun we spent some time doing tough intervals on foot and rollerskis. The first set of intervals were 5x1 minutes striding with poles up a hill all out. These intervals may not sound too hard, but they sure beat us up pretty good. The last set of the camp was a rollerski session with the Alberta World Cup Academy, why ask, of course we showed them who's boss. To celebrate the end of a successful training camp most of us took to the single track pretty hard on the bikes for an afternoon, while a few others took on Goat Creek Mountain for another sketchy hike.



Jordan, Erin, Eric, Andy and Chris

Once we were all settled in with a few workouts under our belt the team tackled Mt Yamnuska, a huge mountain just outside of Canmore. The hike/run took less than three hours, but I have to say it's the tightest I've ever held onto any sort of rock in my life. The first 45 minutes or so were pretty typical, then we hit rock face and did some light climbing. Almost at the top we reached a section that you had to grip onto a chain bolted to the side of a cliff and shimmy ourselves across. If that's not enough, it began to rain, hail and snow while crossing which made it even more exciting. A few cuts and tears (no names) later we all made it across. At the top, some of us were presented with a Thunderstorm, and at 2200m we were in the clouds and it felt like the thunder was in our heads. As we made our descent safely, our team has once again completed a sketchy hike. A few more days of training and it was time for the moment we've all been waiting for - the Haig Glacier! With a couple of first timers on the team, we were all excited to head to snow and away from our cell phones and computers for a week. The snow was abundant this year, on the run in we hit snow spots about 2km earlier than usual. The food was better than I think we all expected, usually a man by the name of Jody makes every meal a piece of art, and this year we heard that he wasn't there anymore. Luckily the boys that took over did a great job to keep us full. The food was amazing and so was the skiing, the boys of the Haig pulled it off even though it wasn't easy, they had a few obstacles to conquer such as lack of food for gluten free athletes, a broken groomer and a few injuries between NDC and the Ontario Ski Team. The abundance of snow made for some good boot skiing this year, and since there was snow where last year there wasn't any at all, we had multiple choices of which way we wanted to 'boot ski' down each day. Other than skiing and eating our team played a



Andrea putting in the hours

Rollerskiing in Canmore!

Between us and the Ontario Ski Team we had four rolled ankles (three of them Alannah), three colds, two sprained ankles and one bad case of strep throat. Unfortunately, three athletes had to leave the glacier early due to their illness/injuries, but in little time they were back up and running, hopping in one case but nonetheless NDC's annual Canmore/Haig Training Camp was successful and as I sit here on the plane late at night I look back at all of the stellar memories our team created together the past three weeks, as much as we all just want a break from each other now, this team has taken a huge leap in our capabilities and I am looking forward to the next training camp in Southern Ontario. The past three weeks included some of the toughest training and longest hours we will complete all year, it also included some of the best times our team has ever had, and for those reasons it had just the perfect amount of "right" and "wrong".

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