

A Lot Less Normal

By Dudley Coulter - NDC Member 2010/2011



As I wait at the end of my driveway waiting to be picked up I look around and see mothers walking their kids to school, elders walking with their friends or dogs, people firing up their trucks to head to work and kids waiting in line for the school bus. It took me back to the days when I was young and budding in line to ensure I got a good seat on the school bus. This childhood memory ties with my ski career, now being “all grown up” and waiting for the team van to come and pick me up to head out for a training session in the way that this is my ‘school’ and this is my ‘work’. In a way I should still be ‘budding’ in line to ensure I get the most out of every workout in order to be the best skier I can be.



and plenty of roller skiing. These weeks lead up to the LSSD Ontario training camp where kids between ages of 10-20 gather in Thunder Bay for a week-long training camp which NTDC will help coach.

With everything going on right now around my ski career, I just can't get over how much effort and detail that gets put into our team. Everyone involved is just so concerned about our well being and making sure we're a second faster everyday. Being pretty 'new' to the sport and a newbie on the team, I just never realized how much is done other than actual training to make a successful season. Like Eric told me the night I accepted my spot on the team, “you thought you were abnormal before; well you will be even less normal now that you're on this team”. Which so far has been no lie, there really isn't much time for anything else, and skiing is on my mind half the day, but that's ok I'm in it to win it.

This is only my first full month of being a member of NTDC Thunder Bay and so far I'm loving every minute of it. I was named to the team mid-May, after Nationals back in March I wasn't sure if I would qualify or not due to some major sickness in the middle of the season resulting in bad racing. Being named to the team was definitely an amazing relief. For a month I pondered around what will it be like if I make the team, or what I will do if I didn't make it. May was actually a very stressful month, but everyone else seemed to know I would be fine.

This month kicked off with the annual NTDC Boot Camp which is the first training camp of the year to kick off the season with our fresh team. This was a mandatory camp, so most of us made sure to have a place to live by then, others came back for the week. The week consisted of mainly testing to see where everyone was at fitness wise. There was a strength test which is pretty self explanatory, and incremental work load test which measures lactate levels, a track running tests and much more. During the week I think we all wanted to fight Eric, but once it was over I think we all thanked him. To me that week truly kicked off the season because it booted out all the laziness of the off season, and put the painful hard training days back into my body and schedule. For the rest of the month we focused on volume training which consisted of lots of running



“Training with my new teammates” L to R: Andy Shields, Dudley (author), Jimmy Gunka, Chris Hamilton

I would like to thank my current 2010/11 sponsors; Rossignol, One Way, Rollin' Thunder, Pizza Hut Marathon, Cream Hill Estate/Lara's Rolled Oats, Celiac Association Canada, Active Rehabilitation, RMT Chris Sheprunik, Barrick Gold Corp. and Zelek Professional Medicine Corp.