

Dachstein Halfway Report

By Dudley Coulter
NDC Member 2010-11



I'm not sure about my fellow team mates, but for me the night of September 19th could have been the worst sleep of my life. Why you ask? Because this was my first trip overseas for skiing. I suppose the rest of the team has had their share of Europe, but I think we all were very excited to attend this training camp. This was also the first trip for and team mate and NDC newcomer Andrea Lee.



We left on September 20th at 4pm and headed to Pearson International Airport in Toronto. From there we had a short layover and soon boarded our flight headed for Munich, Germany. By the time we arrived, most of us were exhausted as it was now 4am back in Canada.

Once Coach Eric and Harry Seaton got our rental cars we set off onto the legendary Autobahn headed for Schladming, Austria. On the way, there were many sights to see like castles, mountains, towns but most importantly sweet cars. You may or may not know, but a large group of our team loves cars, and when we see a 2002 Ferrari 575 Maranello cruising down the Autobahn at 180km/h, we cannot help but yell, "Look at that FERRARI!".



Leif and Eric using video analysis during skate intensity training in Ramsau.

After 17 hours of travelling, all we wanted to do was sleep.

Since arriving, we have all put in some serious training efforts. Most of these hours spent up at the Dachstein Glacier skiing on 8km of ice. The first 3 days we skied it was mediocre conditions with many icy sections full of black dust which didn't look very attractive. On the fourth day we were greeted by rain here in Schladming, as we drove up the switchbacks heading to the glacier it began to snow. It was a tough day for skiing, with heavy winds, blowing snow and colder temperatures; we had to be in a focused mindset. With almost a foot of snow, the conditions were now truly pristine. Just like a mid winter day in Thunder Bay! I'm just speaking for myself, but I think everyone would agree that we couldn't have come to Austria at a better time.

A typical day for us consists of: waking at 630am, heading to the main building for Crazy Katrina (hotel owner) to make us a delicious Austrian style breakfast, pile in the cars, do a quality ski, take a nap, head down to the Wintergarten for dinner then usually have a sauna or play ping pong and head to bed at a decent hour. Most recently we did intervals at one of the ski hills which consisted of ski bounding up a steep incline for five minutes at a time at a threshold pace. This was repeated 4-6 times pending on the athlete.

Overall the ski life here in Austria has been good. With eight days down and 12 to go this camp will end up being very successful and full of fun. I think we all have some big expectations for this upcoming season, and after this training camp who wouldn't?

