

FALL 2013
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**red river nordic
ski & biathlon club**

Welcome to the 2013/14 Season!

Hello and Welcome to Red River Nordic Ski and Biathlon Club's Fall Newsletter. The countdown to snow is on and our programming is well underway. Jack Rabbits, Track Attack, Sidewinders, Radicals, Junior Race Team, Race Team, Biathlon, and Adult lessons are all in full swing and registration for the 2013/14 season is now open.

In this issue alongside our club program reports and high performance athlete bios, we have special guest contributions by Lisa Patterson and Perianne Jones! As well as the addition of a new regular feature to the Newsletter "Sean's Mom's Report"!

Lisa Patterson is Cross Country Canada's High Performance Coordinator for Eastern Canada (Yes Manitoba is East, it's just like football sometimes). She also coached the World Junior and U23 team last season in the Czech Republic and was Cross Country Canada's "Female Leadership in Coaching" award winner of 2013. Lisa was most recently on a tour of southern Manitoba in October and contributes her thoughts on how to be successful at a high level.

Perianne Jones is a National Team member and Senior World Cup Tour skier with two World Cup medals in the team sprint. Sochi will be her second Olympics and she is looking to medal. Red River Nordic Ski and Biathlon Club wish her good luck and fast skis in Sochi!

So check it out!

If you are interested in learning more about the club and our programming please visit our website

<http://redrivernordic.ca/>
Registration is on Zone 4.

RRNSBC Biathlon link : <https://zone4.ca/register.asp?id=5373>

RRNSBC Nordic link : <https://zone4.ca/register.asp?id=5304>

Jack Rabbit Report

By Kenton Frith

Well we are off and running with another Jackrabbit Ski Season! This year is looking to be a good one. We have the Jackrabbit Jamboree scheduled for Feb 15th and it is always a lot of fun for all involved. Also this season the Falcon Lake Combined race is back due to popular demand. We weren't able to fit it into last season's schedule but happily this year we have it running the weekend of Jan 11 and 12. The Combined features a day of Nordic ski racing and a day of Biathlon events. On the Saturday we will be doing our regular jackrabbit session out in front of the Chalet at Falcon Trail Resort. In the afternoon the club springs for lift and tube rentals for club kids to play on the ski hill. The Biathlon group usually sponsors an "open range" so that potential aspiring young biathletes can have a chance to shoot the fancy target rifles. More on all that as the dates get closer!

Aside from the special dates to remember we are looking forward to a great season teaching all the jackrabbit aged kids how to walk like gorillas and ski like fiends! The jackrabbit program is all about teaching the basics of cross country skiing while keeping the activities fun. We explore balance and the actual ski techniques while playing games that keep things moving and fun! You can find us at Kings Park doing our "Dryland" component until there is sufficient snow for the Windsor Park Nordic Center to open. We go every Saturday from 10:30am until noon and would love to see everyone out!



Jack Rabbit Report Cont.

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By **Kenton Frith**

In addition to welcoming back all the Jackrabbits I would also like to welcome back all the Coaches who are going to be coming to help out. Scott, Darcy, Stephanie, Leah, Rachel, Mallory and Neil. Without all these guys Jackrabbits wouldn't be nearly as fun! Most of you will recognize some familiar names, what a terrific group!!

For those new to Red River Nordic please come on out to our Saturday morning Dryland sessions to see what we are all about. Please come over to the tall skinny guy who can usually be found hopping around on one foot followed by a group of Jackrabbits (aka Thundering herd of turtles!) The tall skinny guy will be me and I would love to meet you!!

Kenton

Jackrabbit Coordinator RRNS&B



“B” is for “Biathlon” in RRNSBC!

by Lin-P'ing Choo-Smith & Ron Pelletier

What's Biathlon All About?

For those new to the club, the biathlon program combines nordic skiing with rifle shooting. A typical biathlon race involves skate skiing a specified course that is broken up in between by 2 or 4 shooting bouts where an athlete will use a rifle (.22) to shoot at 5 targets down range at 50 m. Shots are made from the prone position (lying on front abdomen) or standing position. Also, the targets sizes can vary from 45 mm (prone target) or 115 mm (standing target) depending on the body position. Those new to the sport will only shoot from the prone position at the larger standing target and often with the help of a rest to support the rifle during shooting. As biathletes develop skills over the years, the difficulty increases to shooting without a rest, shooting at the smaller prone targets, standing to shoot and finally to cross-country skiing with the rifle (~3.5 kg) on their back throughout the race. For each target missed during a shooting bout, the participant either has to ski a penalty loop (100 m or 150 m) or there is a time penalty (40 s or 60 s) added to the finish time. Imagine skate skiing a rolling terrain only to stop and try shooting a target 50 m away with your elevated heart rate. That's what biathlon is all about!

Our biathlon program is open to youth club members (~10 years of age and up). Although the program doesn't yet involve Masters age club members, Masters athletes are always welcome to attend the Biathlon Association of Manitoba (BAM) races throughout the ski season. In addition, those new to biathlon can race in a developmental category with shortened race distances, larger targets & using a rest. All new biathlon participants are provided with initial rifle safety instruction prior to handling the rifle as well as an opportunity to practice shooting prior to the race.



Training Camp @ Falcon Lake: Biathlete Aidan Kirby with guest coach Gregg Campbell from Alberta.

Photo by Rachel Koroscil.

What's happening in Biathlon this year?

Like the nordic side of the club, the biathlon component is also busy with a full roster of activities. With the 2015 Canada Winter Games coming up, many biathletes are training with weekly running clinics, indoor shooting at Gateway range 1-2x/week, rollerskiing and strength sessions at the Sport for Life Centre. Once the snow is here to stay, the club is looking at implementing a ski training program to provide additional practice in skate skiing technique as well as skills specific to biathlon. More information will be available shortly.

Throughout the summer some of our athletes attended training sessions hosted by BAM. While the nordic dryland training kicked off at King's Park, 12 of our biathletes were at a 2-day BAM training camp at Falcon Lake range. They participated in activities ranging from precision shooting skills (see photo), combination training drills of running and shooting, mountain biking adventure, yoga and rifle cleaning clinic. The athletes trained hard, had lots of fun and weathered well the crazy mix of flurries, snow pellets, rain, sleet and odd sunny breaks. While the training camp was on-going, a crew of parent volunteers were busy completing some construction on the timing and athlete warm up shelter. Other volunteers were hard at work clearing and widening the trails, and more preparing food to ensure athletes and volunteers were taken care of. Rumor has it that the 2015 Western Canadian Biathlon Championships will be at Falcon Lake so preparations are underway for the initial assessment by Biathlon Canada sometime this winter.

We've already had a few inquiries of newcomers to biathlon. If you're curious about the sport, please speak to us for information. Also, be sure to come out to the Combined Event on January 11-12, 2014 at Falcon Lake being hosted by RRNSBC. The Saturday will have nordic ski races followed by a biathlon open house in the afternoon. Then on Sunday, give biathlon a shot at the BAM race. Calling all athletes, especially Masters athletes to participate!



Junior Race Team Report

By Alan Adamson

The few, the amazing, the JRT!!

Looking forward to a great on snow season this winter with the Junior Race Team!

This season has already been off to a great start with two HP camps (Here in Winnipeg in June and the International Peace Gardens this past October), two club camps (Bird's Hill Park in July and Grand Beach in September), and lots of roller skiing. Everybody is looking really good and fit but maybe ready to get onto some snow and leave the clack clack clack of carbide tips on pavement behind till next summer.

We have another busy winter ahead of us starting with the Grand Beach Classic in December and then the brakes are off as we head into the competition season. So lets get in some good fall strength and aerobic training while we can and hope for an early ski season and lots of snow!

Thank you to all the parents for their volunteering and equipment manager/ transportation specialist /catering duties as we move around the city and province for practices, camps, and races. The JRT and coaches thank you!

Alan Adamson

Laurie Penton

Chris Roe

Photo by Marcel Druwé



By Alexisse Berard

What is your favorite place to ski?

- I really like skiing in Canmore, Alberta because of all the trails and the long challenging hills. It's very pretty in the mountains.

What are your goals for this coming season?

- I want to focus on both my skate and classic technique. I also want to improve my strength.

What do you like to do when you are not training/skiing?

- I like to read, listen to music, and hang out with my friends. I also like to travel.

What is your favorite movie?

- I have always liked "The Lion King". I like all the Disney movies.

What kind of music do you listen to?

- I really like the singer John Mayer. He sings all kinds of different stuff including blues and acoustic. I always like to have music on even if I don't know the song.

What do you do before a race?

- I drink lots and lots of water and I keep warm.

What is something that most people don't know about you?

- I only learnt English when I was four years old. Before that, I only spoke French.

Who do you look up to?

- I look up to Beckie Scott, I met her once and she always thinks positive and has a good attitude.



Photo by Marcel Druwé

By Paetra Adamson

-I've been skiing for around 8 years and this is my 4th year on the Junior Race Team.

-I like to ski because I like to race and go on trips with my team.

-My favourite movie is identity thief.

-My favourite books are I am Number Four and The Maze Runner.

-Sports I like to play outside of skiing are volleyball, track and cross country.

-When I'm not skiing or training I like to hang out with friends.

-My goals for this coming year are to improve my upper body strength, and to improve my skate technique.

-One of my best memories of skiing is when we made a snowman and put it on tons of skies and pushed it down a hill.

-My long term goals are to go to Westerns and Easterns and maybe Nationals.

-My favourite ski trip so far was Lappe last year even though our hotel had fire issues!



By Lucas Smith

Hi, my name is Lucas Smith and this is my fourth year on the Jr. Race Team. I've been skiing since I was 7 years old.

Where is your favourite place to ski?

I actually have 2 favourite places to ski: Lappe and Riding Mountain National Park. I like them because they both have lots of hills and beautiful trails.

What do you like to do when you are not training or skiing?

I enjoy camping, forging metal, playing music, reading and making movies. I play clarinet, alto saxophone and piano.

What do you do before races?

I make sure to get to the starting line early so I can do a good dynamic warm-up and stay hydrated.

What would you like to be when you're older?

I would like to be an astrophysicist and work for NASA.

What goals do you have for this season?

I would like to improve my mental preparation skills and work on hill climbing.

What kind of music do you like to listen to?

I like The Beatles, Coldplay, U2, Miles Davis (any Jazz), some Katy Perry and Adele.

What's one thing that people don't know about you?

I am also a competitive biathlete for RRNSBC.



Race Team Report

By Corey and Megan

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Hello from Mont Ste-Anne! Megan and I are hanging out working on our competition Development Coaching course getting ready for the upcoming ski season. We are super excited for the race season, with less than 11 weeks to go before the Grand Beach Classic. We have tried a few new things this year, aligning ourselves with the Sport for Life Center and having the majority of the Race Team taking part in a weekly strength program with a strength and conditioning coach. Another fun thing that has been introduced are the training plans for the whole race team which should give everyone the ability to modify the plan to suit themselves.

We have had an amazing summer with the "second annual" Birds Hill training camp that took place early on. We were very happy that it was NOT 33 Celsius this year! We enjoyed the camping and got lots of roller skiing in. We followed that up with another camp at Grand Beach in September where the Kovachiks and the Roes opened up their cabins once again to host our club teams. Lisa Patterson (Cross Country Canada's Eastern Coaching Coordinator) stopped in at the camp to evaluate our coaches and give some more feed back on technique to our athletes... Thanks Lisa! Grand Beach camp highlights included hiking the great ski trails and running a trail time trial. We were very spoiled by the wonderful food prepared by the Kovachiks.



Photo by Marcel Druwé

Chris had us all rolling with laughter as he lead a team improv activity. I am pretty sure I saw Corey dancing with "jazz hands" and Alan was the fashion hit of the evening, displaying poise and grace in his cape and traffic cone shoes. Elora needs to work on her table manners as we witnessed a rather frightening banana meal. Many of our race team athletes also came to the CCSAM High Performance training camp at the start of October at the International Peace Gardens. Highlights of this camp included Chris Roe's games - did you know the highest life forms greet one another with a cheesy grin, a hand-shake, and "hi there"? Athletes were also treated to great food from Pauline, and a tough roller ski time trial on some rolling terrain.

Finally we are looking ahead to some of the local races this year that our club will be hosting, like the Grand Beach classic and the Provincial sprints. We are hoping that we get to see a lot of our Race Team at some of the bigger events like Easterns and Westerns championships. Should be a fun race season!!!



By Amelia Kovachik

Hello, my name is Amelia Kovachik and I am one of the newest members to the race team.

My favorite aspect of skiing is being outdoors and pushing myself.

My goals for this season are to improve my one skate and work on weight shift.

Outside of skiing I love to listen to music and hang out with friends. My favorite bands are the Cat Empire, AWOLNATION, the Lumineers, the White Stripes and Arjun.

My favorite places to ski are Grand Beach and on lake Winnipeg.

My favorite movies are Enemy at the Gates, The breakfast club, Stand By Me and 80s movies.

My role models are Kikkan Randall, Megan Imrie, Chandra Crawford, Rosanna Crawford and my coaches.

One thing people may not know about me is that I love country music and hunt. I would consider myself somewhat of a red-neck.



By Dominique Druwé

My goal for this upcoming season is to train as hard as I can, put in as many hours as possible and by the end of the season know I could not have done anything differently or better. One of the goals I've been striving to achieve is better flexibility. I will be working very hard to improve it.

My favorite places to ski in Canada are for sure Mont Saint-Anne or Canmore Nordic center. Those courses are so hard and so beautiful.

When I am not skiing you can most likely find me waxing my skis or hanging out with friends. I also really enjoy cooking.

Before a race, I like to have a proper dynamic warm up for at least 1 hour before. I always make sure to stay well hydrated and eat before the gun goes off. I also like to take time to myself and get in my zone.

When it comes to music, I listen to almost anything, but my personal favorite is folk music like Sufjan Stevens or City and Colour.

In sports, I have many role models like Devon Kershaw, Alex Harvey, Peter Northug. But my biggest role model is most definitely my brother Alex. I look up to him because we have the same passion for skiing and he has done quite well in his skiing career and has always given me footsteps to follow.



Photo by Marcel Druwé

By Perianne Jones

MY SPORTS GOALS FOR THIS YEAR:

1. Do the best quality training and recovery possible. Make sure every time I go out the door I have a purpose, and focus on whatever that session is, strength, intensity, recovery. Make sure I'm super prepared for the key workouts (intensity).
2. Do a really good job with my mental training and recovery, check in regularly and make sure I'm taking a few minutes a day to relax, and reflect.
3. Win a Medal in Sochi

A LONG TERM GOAL IS TO...Get a puppy and a garden and have a family.

WHEN I'M NOT TRAINING OR COMPETING, I LIKE TO... Do arts and crafts, pottery, stained glass, knitting, pretty much any medium. I also spend a lot of time in my kitchen making all kinds of things to feed to my friends.

MY FAVORITE PLACES TO SKI ARE...Seiser Alm, Italy is one of the most beautiful places I've trained. The views are unbeatable, it's hard to focus on skiing when all I want to do is look around! The trails at Nakkertok, and in the Gatineau Park have a special place in my heart too because they are where I grew up skiing. I could go on and on, New Zealand, Alaska, Kananaskis Country, Davos, Switzerland. I have been very fortunate and had the opportunity to ski all around the world, and anywhere with decent ski trails and a view on a sunny day is pretty awesome.

MY PRE RACE ROUTINE IS....I get up usually about 3 hours before my start time, go for a walk outside and see what the weather is like and stretch my legs. Have breakfast usually some eggs and bread, fruit, cheese, and tea. Pack my stuff for the day and go over my detailed race plan, then hit the road and head to the race site!

by Perianne Jones

MY HERO IS...

I can never choose just one... Beckie Scott, Sara Renner and Milaine Theriault were paving the way in cross country skiing when I was growing up. I collected every and any posters and newspaper articles about them I could find (the internet wasn't quite what it is today), and then eventually they became my teammates and my friends. Today I still look up to them as they are three very accomplished women with amazing families.

IF I COULD RULE THE WORLD I WOULD....

Make sure everyone had access to fresh water and food and an education.

THE ONE THING PEOPLE DON'T KNOW ABOUT ME IS....

I was a vegetarian for the first 23 years of my life, I grew up without a TV, and my brother Kieran is the head coach of the Nakkertok Ski Club. And yes, at the time I thought I was incredibly deprived. Now I'm pretty grateful for the way I was brought up.



*Thanks Perianne for doing this! And thanks Lisa Patterson for catching her at exactly the right time as she was waiting between flights at the airport with some rare time on her hands.

Age—28

Home town is Almonte, Ontario

Ski club is Nakkertok

She currently resides in Canmore Alberta

You can check Perianne's blog out at

<http://www.periannejones.blogspot.ca/>

Sean's Mom's Report

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By Megan Carter

This fall Sean Carter left his Red River Nordic skiing home and headed to Lakehead University in Thunder Bay. Sean is studying kinesiology and skiing for the Lakehead University cross country ski team, known as the best University ski team in the country. The ski team even features in the University brochures!! One of the perks of being on the ski team is that Sean has free access to the physiotherapy and massage therapy services for varsity athletes - and these housed in a building a 5 minute walk from Sean's residence building!! Sean is hoping to fix a few nagging small injuries this season.

Sean is living in residence and despite his initial reluctance about it, he has made some good new friends and found some new training partners (a weight lifter, a cyclist, and a triathlete, among others!) Sean was very happy to take a full sized electric piano with him, and with some creative jostling he managed to get it into his dorm room and still have room to swing the door open and closed! He was quite determined to achieve this task, and said that he was perfectly willing to give up the desk in favour of the piano if necessary!

Sean has plenty of skiers to chase in his new team. Training sessions are reported to be hard but training is generally going well. Testing for skiers includes a 3 km running time trial straight up hill which makes our 3,000 m or 4,000 m track runs look pretty tame!

Our club will miss Sean's leadership and presence but we all wish him well this season. As mom, I am certainly missing Sean but it is so good to see him pursue this great opportunity! As the sticker on Sean's wax box states, "Sleep, eat, ski, repeat".



The Make-Up of a Successful Skier

By Lisa Patterson

Having worked with many different ski groups across the country over the past decade, and more recently with Canada's World Junior and Under 23 team, I have observed what makes some athletes successful over others.

The biggest difference is that a successful athlete has a purpose or a goal for every workout and they make the most out of every minute they are on skis, rollerskis, in running shoes, etc. Drink breaks are typically done on the move and they socialize before and after the workout, or while either warming up or cooling down. But when it comes to the heart of the workout, they are ready to put their best effort in and their focus is 100% on achieving their goal for the workout. This isn't to say you can't have fun. A National Ski Team coach told me very recently, that when Sara Renner and Becky Scott were training, you could hear laughter and chatter around the ski trails, but when it came down to the meat of the workout, they put the social on the sidelines and focused on their work.

Another make-up of a successful xc skier is that they are never satisfied with being just the best of their club...province...nation...they are always looking beyond to who their next challenger will be. Complacency is not in their vocabulary.

Top athletes also learn from their mistakes. Most top athletes have high expectations and are often pretty hard on themselves when they don't achieve their goals due to making a mistake in training or racing. The best will keep it in perspective, learn from the mistake, won't make the same mistake twice, and will grow and mature as an athlete and person because of the mistake. The worst is to dwell on the past, which is something you can't change, but you can for the future. In September I had the privilege of traveling Manitoba and working with a variety of clubs, their athletes and coaches. During this trip I was able to observe and provide guidance and assistance to both coaches and athletes. The one thing I observed is that the athletes of Manitoba are very lucky as they have very passionate and dedicated coaches who give up a lot of their personal time to make you, the athlete, a better athlete.

The Make-Up of a Successful Skier

By Lisa Patterson

My challenge to Red River Nordic athletes and Manitoba athletes is for you to personally figure out how to “step up your game”, even just a little, in order to benefit you, your club team and even your provincial team. Don’t be satisfied with where you are now, look ahead to how much better an athlete you can be in the future - technically, aerobic/fitness wise, tactically, mentally. I dare you to challenge yourself and your ability! Push just a little bit harder, focus a little bit longer, make your goals just a little bit tougher...and then be ready to do the work.

Another story from a National Team Coach is that after the Nagano Olympics, and far from desirable results, Becky Scott and her teammates sat down with the coaching staff and refused to accept mediocrity. From that point on they looked at all the things, big or small, that they could do to make their team and their performance better and then acted. And as we saw, Becky later went on to medal at the Salt Lake Olympics, and Sara Renner in tandem with Becky medalled in Torino along with Chandra Crawford.

You can be a better athlete by taking care of the “little things”. Things such as; nutrition, rehydration, time management, psychology practice, and working the social in at the appropriate times. I like to tell athletes to “be a student of the sport”. Learn as much as you can from your coaches, pay attention at races to observe what other athletes are doing, practice mental skills, write down your goals and review regularly. And of course, it is always easier if you have a supportive team behind you. If everyone is a good teammate, you will also become better.

