



Fall Issue October 15th, 2014

## INSIDE THIS ISSUE:

<i>Race Team Update/ Biathlon Update</i>	<b>2</b>
<i>JRT Update</i>	<b>3</b>
<i>Meet JRT/RT member</i>	<b>4</b>
<i>Meet JRT/RT member</i>	<b>5</b>
<i>Update from Corey</i>	<b>6</b>

## RRN Board 2014

President: **Jamie Gias-son, Chris Roe**

Treasurer: **Alan Gellatly**

Secretary: **Mike McGovern**

Past President: **Alan Adamson**

Athlete Reps: **Alex Druwe  
& Elora Adamson**

Director, Membership and  
Registration: **John Anthony**

Director, Wed Night Race &  
Biathlon Chair: **Ron Pelletier**

Director, Jackrabbits: **Kenton  
Frith**

Director: **Lin P'ing Choo-Smith**

Director: **Heather Schilling**

Director: **Leo Berard**

Director: **Evelyn Kovachik**

Director: **Darcy Beer**

Newsletter Editor: **Elora Adamson**



## Grand Beach Training Camp was a Success!

A few weeks ago, athletes from Red River Nordic got together for the annual Grand Beach Training camp. We worked hard, roller skiing for hours on end, and running a 5 km time trial, but we had fun too. We continued our annual tradition of having a game of capture the flag in the sand dunes, which was surely the highlight of the weekend for most. The Boys cabin also had the pleasure of being woken up at 7am to a stirring rendition of "Scotland the Brave" being blasted through the alarm clock. Thanks to all the volunteers who helped to organize the weekend, and to the cabin owners who let dozens of sweaty athletes use their cottages.

Sam Anthony

## Dryland Season has Officially started!

RRN has kicked off the dryland season with two Saturday morning sessions at Kingspark. We saw the jackrabbits all the way up to the race team participating in the group stretch and dynamic warm up! It's time to start doing the snow dance!

## Race Team Update

After having April to rest, the race team got right back into training. This year we welcomed 9 new members to the team, showing the true depth of racers that Red River has developed. Every one has been training hard, following training plans from 350-600 hours/ year.

The training season really kicked off with the Manitoba High Performance camp right here in Winnipeg where the focus was on learning to train better and smarter. Activities included a Q and A with Brent Lohmer (a Sport for Life strength trainer), a brainstorming session with the athletes, and a Functional Movement Screen.

Then, training was in full swing with 3 strength sessions per week (2 at Sport for Life; 1 at Corey's garage), long-distance skis and time trials at Birds Hill Park, and interval rollerski sessions along the Bishop Grandin Greenway, along with training on our own.

In July, Red River Nordic hosted the annual Birds Hill Park Training Camp. Long rollerski sessions and swimming were enjoyed by all.

As school started, the team transitioned to busier days and colder

Conor, Devin, Liam, Taschi and Alex at the Grand Beach camp.



Skier group at Cal Boterril Lecture with Chandra Crawford

temperatures. We repeated the CCC strength and running tests, which we'd done in June, and everyone showed that their training is paying off with great improvements! The team has also experienced vast improvement in the gym and on rollerski technique.

Next came the Grand Beach Camp, where everyone gained valuable technique and enjoyed the great food prepared by the parents. A big thanks goes out to the volunteers and organizers of all three camps without whom we would not have such great training opportunities.

Now, the Race Team is gearing up for the season by ramping up interval, as well as our rollerski training. Next up is the HP fall training camp in Kenora the 3-5<sup>th</sup> of October. You can expect the Race Team to be ready and fast by first snow fall.

Conor McGovern

Amelia squats Erik



## Biathlon Update

CWG training for biathletes is going very well running outdoor practices at Falcon Lake every Sunday! The newly constructed athlete warmup area and trail widening is fantastic, thank you to all the volunteers and their countless man hours, exciting things to come from biathlon, we have a number of new adult biathlon enthusiasts, adult skate ski lessons are available this season for adults interested in biathlon or just learning to skate ski. Biathlon has also been combining with Race Team training for the skiing portion, so that the two teams can combine the coaching expertise of Megan, Alan and Rachel.

Amelia Kovachik



## Junior Race Team Update

The Junior Race Team (JRT) is intended for proficient skiers who are looking for technique development as well as challenging training. This group can serve as a stepping stone to the club race team. To ensure skiers are at an appropriate level for the group, admission to this group is by invitation.

The JRT started 1x/week sessions in August, then switched to 2x/week in September. Now that October is here, the addition of King's Park Sessions we meet 3x/week. Our training sessions alternate between Roller skiing and dryland technique & strength conditioning.

We have great group this year ranging in age of 12-15 after much of last years group moved up to the Race Team.

Besides or regular weekly sessions, this fall we have had a club training camp at Grand Beach and attended a high performance camp in Kenora. The skiers are looking forward to the ski season and to the trips that it brings.

Coaches Laurie Penton and Chris Roe's focus is on Technique perfection along with strength and conditioning for the ski season.

Laurie Penton



## Canada Winter Games

For those who are not aware, This year is a Canada Games year! This year the Canada Winter Games are being held in Prince George BC. Manitoba will be sending a team of XC Skiers and Biathletes. Canada Winter Games are a multi sport event held every 4 years. The age category is Under 23 and everyone who is selected to go competes in this same category. This is a really big competition and a great opportunity for everyone involved!

The trials that count for part of the selection for the games take place in December. Some of Manitoba's skiers had the chance to ski in Prince George last year for Westerns. You can look forward to hopefully seeing some Red River Nordic Athletes representing Manitoba at the Games in February. You can find more information on the CCSAM website or the Canada Winter Games 2015 website.



Skiers at CWG in 2011

## Get to Know Taschi

*Taschi Klaschka. 12, is on the Junior Race Team and starting biathlon this season.*

I got my first pair of skis for Christmas when I was three. Here's a picture of my Dad strapping them over my boots! I think I was in Kindergarten when I joined the Red River Nordic ski club; I remember really liking the *Dash for Cash* races and driving my instructors crazy asking when I could start to use poles. My inspiration for skiing is my Grandpa. He's from Austria and has always liked skiing. Grandpa's been competing in loppet ski races – as long as 53 km – for the last 15 years.

This winter Grandpa and I are going to Jackson, Wyoming, in February to compete in the "Moose Chase." We're going to do the 5 km race together. Every winter I've been skiing I've also been playing hockey.

Last year I found it difficult to do both. I qualified for the Manitoba Games so I really wanted to practice skiing a lot, but I was also goalie for my hockey team so I couldn't really miss hockey.

This year I've decided not to play hockey competitively. I'm really going to miss hockey, but I want to focus on biathlon and realize I can't do both. I am starting cadets, but it has a biathlon component so it's a good fit.

I'm hoping the Winterpeg weather is a bit better this year. Last year I trained for skiing even when lessons were cancelled due to extreme cold temperatures, but my Mom made me wear so many layers and my downhill ski goggles so I didn't get frostbite!



## Get to Know Lucas

Hi, my name is Lucas and this is my first year on the race team after four years of being on the junior race team. As you probably guessed, skiing is my favorite/primary sport (along with biathlon). I've been in the sport for about 7 years, this being my 8<sup>th</sup>, starting actually when I was seven years old in Seine River Ski Club. Right from the beginning, I kinda liked skiing and slowly got more interested in it, but didn't start racing until two years after I started skiing.

My favorite place to ski is probably Canmore or Nakkertok, I like both of them because they have lots of great hills and beautiful landscapes as well as nice courses. Besides skiing I also do a lot of music in school and play the clarinet, piano and the baritone sax. Other interests that I have are: camping, canoeing, swimming, blacksmithing, badminton, biking and every now and then watching a bit of TV.





## Get to Know Casey

My name is Casey Nelson and I started skiing in the winter of 2006, when I was five. This is my eighth year skiing with Red River Nordic at Windsor Park and it feels like home to me. I am in grade eight and this is my second year being on the Junior Race Team. I stuck with cross country skiing because I just love everything about it. It's such a fun sport and some of my favourite aspects about skiing are the speed, competitions, the fact that it is an outdoor sport and my coaches. I also love meeting new people and making friends. Some of my goals for this season are to work on my

skate technique and to get a proper amount of sleep

My favourite places to ski would be at Windsor Park, because it feels like home to me and Falcon Lake, because it's so beautiful there. Some other sports that I participate in are swimming, running, volleyball and basketball. My favorite singer would be Katy Perry or Sam Smith, my favorite band would be Coldplay and my favourite song at the moment would be "Roar" by Katy Perry. Something that people may not know about me is that I absolutely adore cats! In fact, my plan for when I grow up is to become a vet.



## Get to Know Annick

This is my fourth year in the Red River Nordiques ski club. I have spent two years in the sidewinders! followed by a year in JRT and this is my first year on the RT. I was previously with the Windsor Jack Rabbits where I had solely done Classic ski since the age of three. My goals for this year are to get really comfortable on my skate skis, improve my classic technique and develop my cardiovascular abilities. Other activities I do include; school (grade 10), drawing lessons at the WAG and soccer. I have also been in my school jazz and harmony band since grade 6 playing the flute.



---

## Update from Corey

I miss all you guys!!!

Hi, I haven't been around much this season so far and probably still won't be around much of the race season either. Sorry guys. I have been busy with my daughter Hailey who is now seven months old and a new career with the Winnipeg Police Department.

Most of the athletes and parents of the Race Team knew about our new addition to the family as we finished off the past race season. Since the end of the season Hailey has grown quite a bit, she weighs about 20 pounds and just about to be crawling any day now. Her favourite thing to do at the moment is to jump in her jumper while she looks at herself in the mirror or any reflection in glass. This keeps her busy for about 45 minutes at the moment... which is a nice break to eat supper otherwise we are always trying to keep her busy. This winter Quinn and I will try skiing with her while she cruises in her chariot down the ski trails. She won't be hard to miss! As I'm typing this she is sitting beside me, drooling on the keyboard and amazed with the computer. She says Hi... I think.

Also I have embarked on my new career with the Winnipeg Police Department this past August. Currently I have been learning a lot about police policy, criminal code and the criminal offences. Mostly pretty dry stuff but very important to know. The instructors recommend to the class that we study about 2 hours a night and that includes ironing the uniform and polishing shoes.

As part of the training we have to be in full uniform the whole time we are sitting in class and taking in all the information. The first week of training we had a fitness test to see how we compare to the police standards. There was a 3000m run, that was ok. There was a push up and plank test, those too were ok. Then we came to the flexibility test, I am by far the worst in the class and every time we stretch the guys don't let me forget that either. But we do have some physical classes too. After those classes, everyone in the class can't really walk properly or lift our water bottles without the use of two hands for a day or so. Right now in the physical classes we are learning how to strike, protect ourselves, throw elbows and throw knees, it's a lot of fun but hard work. The instructors say that they are just prepping us for the worst case scenarios and I'm pretty happy they are. Today was one of those days where I needed two hands for a drink of water. In the next couple of weeks I am learning how to drive a police car, shoot my firearm followed by getting tazed and pepper sprayed (not really looking forward for the last two). But if I survive I will be officially graduated in May.

That's all I have at the moment and I hope all of you are doing well and I am excited to see all of you throughout the course of the season.

