

Head Coach Report 2016/17

It has been a fantastic year and I have learned a tremendous amount over the last year. Having both Biathlon and Cross country skiing to look after initially I thought maybe an overwhelming task. In the end they both complimented each other. I could not have done both without the support of everyone around me. Big thanks go out to Kieran for assisting me this year. He was a great asset to the group. I could not done it all without the help from the club coaches, parents, and the support of the Camrose Ski Club and Augustana.

Augustana Nordic

With 18 athletes there was a vast diversity of skiing ability. They competed in the Calforex cup Biathlons Series, and Alberta Cup Cross Country series. Combining the biathlon and cross country program has benefited both programs. Each individual has like abilities to train with and thus pushing each other and the rest of the team. Augustan athletes helped with Thursday evening lessons. Club coaches believe this is a positive addition to the club program. We had athletes go to Cross country Nationals in Canmore and FISU games in Almaty, Kazakhstan.

Biathlon

Biathlon had a small core group this year, with really good results all year long. There is keen interest from cross country athletes to try biathlon. There are many opportunities for them to try. Biathletes joined with cross country on a regular basis. Saturday mornings saw a combined practice for all skiers. A January camp was held here with athletes from Manitoba joining the camp. Anne Mirejovsky was selected for nationals and placed in the top 5 during all of the races.

Cross Country Skiing

This is by far the biggest group for our club. I looked after mostly the junior racers. Small changes were made prior to the beginning of the year. We added a Saturday morning practice for all athletes. This was well attended during the course of the year. We had several combined training camps, with Biathlon, and including Red Deer Nordic. We also traveled to Red Deer for a combined one day camp. The ski season saw us traveling to Canmore and skiing on very little snow. Thank goodness we were blessed with pretty good snow for most of the year. Training here was really good. We had athletes go to Youth Championships in Bragg Creek. Ben Eggink and Natalie Thain traveled to Nationals in Canmore and placed really well in each of their age groups. Natalie has been selected to the Alberta Ski Team Development squad and as an alternate to the South Korean exchange. Congratulations!