

SOD #OUNC 2015 Report

After the amount of positive feedback from #OUNC2014, the team could not be more thrilled to be taking on the challenge again this year. The #OUNCteam has been hard at work planning, scheming and brainstorming new adventures for the student athletes of Ontario. The goal of this camp was to build on the first camp, creating new opportunities for the group. In the end, we succeeded.

The weekend had a drizzly start, but that didn't hold back the tough crew of skiers. We tackled the mud and rain for some activation backyard strength. This was followed by a yoga session with instructor Gill. To our pleasant surprise she made the workout Nordic ski specific, targeting key muscle groups and anatomically explaining everything in the process. This is one woman who we would strongly recommend for future camps.

Day 2 of the camp proved the strength of the athletes. The group faced Grey Road 19, a 6km epic climb. We were privileged to have three fantastic volunteer coaches, Rick Dickey, Toivo Koivukoski and Bryan Dubeau assisting the group with technique both before and during the climb. We worked hard perfecting double pole and classic technique for the rollerski season ahead. The afternoon was an adventure in itself with a session on the water. Former rowing National team member Brian Saunderson led the group through some drills and a short intensity session in a dragon boat. This did several things for the group. Not only was the session working on strength and fitness, it also worked on rhythm, timing, body awareness, physical literacy and group cohesion. The evening was focused on team bonding and recovering for the last day.

Day 3 of the camp was an adventure run of 2hr and 15min. This included a hike/ski walk up a 6km climb and exploring in the caves.

We are very pleased with the camp again this year. We ended the weekend with 15 student athletes from schools across the province, all of which only had positive feedback for us at the end. We also received numerous e-mails, texts and messages of people interested in attending, but unfortunately unable due to an overlap of work or travel.

Based on the positive response to our camp wrap-up video last year, here is our weekend in a nutshell: <https://youtu.be/6qdVNROJWtk>

Thanks for your support,

#OUNCteam

Dan Kerr, Kalli Green, Shelby Dickey