

## **SOD #OUNC14 Report**

They say that when opportunity doesn't knock, build a door; create your own opportunities; build your own path. This is exactly why Dan Kerr, Kalli Green and myself have spent the past year planning a University camp for the student athletes of Ontario. We wanted to provide a new opportunity to strengthen the student athlete community, and broaden the number of training partners in the OUA circuit.

The past few months have been a new experience for the three of us (or as we are now known, the #ounc team). While there is a great deal of experience with camps between us, running our own camp from the ground up was a completely new challenge. We had several goals for this camp, and we really wanted to provide the perfect balance between a challenging training atmosphere and a fun social environment.

After months of planning, scheming, working, pre-running, and more planning, the weekend had finally arrived. We were pretty nervous going into the first day.

Turns out, we didn't need to be. The group we had was amazing. Everyone worked hard during the sessions and had a blast during the down-time. The camp consisted of: backyard strength, skate rollerski (including skills and drills and reaction sprints), caving, pier jumping and an adventure run. We were also fortunate enough to have an amazing number of experienced athletes attend the camp. Over the course of the camp we had athletes who will be attending, or formerly attended a National Training center and athletes who attended World University Games. Peter Beisel was gracious enough to do a talk for the group about

his experience at the World University Games. Rodney Ruddock, our SkiGo rep, also came to dinner on Saturday to chat with athletes about the equipment, and life in general. We were definitely pleased with the amount of ski-experienced individuals that the group was exposed to over the weekend.

I am proud to say that the camp ran very smoothly, and on behalf of the #OUNC team we would like to say thank-you to the SOD board for providing us with the funding to make this camp possible. The funding made the camp more appealing and accessible to the student athlete population and it was an amazing experience. The amount of positive feedback was overwhelming, but in the best way possible. There have been a number of people who have come up to either Dan, Kalli or myself asking the dates for next year, which is the best outcome we could have possibly asked for.

I could keep rambling on, but instead I will let our wrap-up video speak for itself.

<https://www.youtube.com/watch?v=UfyjuFQBoZU&feature=youtu.be>

Thanks so much,

#OUNC2014 team (Dan Kerr, Kalli Green, Shelby Dickey)