

This year's camp hosted 35 athletes, representing 5 clubs from all over southern Ontario. HTBCT, the host club, contributed an impressive 17 athletes as well as coaching and parent staff, which made working with this large number of athletes easy and enjoyable.

SOD@HTB was designed to be an early season volume camp. The workouts were split between ski specific and sport general with a focus on education and mobility in order to help with early season foundation.

It was a very busy camp. Our only scheduled downtime was converted to a movie night from a bonfire due to Saturday afternoon rains.



SOD should be proud of the athletes in the program and their ability to work hard when needed and play even harder when time allowed. When the rains continued during our Sunday morning workout, this incredible group of athletes were geared up and ready for the morning shuttle of 7 vehicles without hesitation. BTW- Who knew you could double pole in the mud when doing ski striding sessions on Blue Mountain clay?

The ratio of experienced and beginner athletes provided a valuable mentorship opportunity for the younger athletes as they could see the older, experienced athletes train and manage their day.

In the past, we have had some interest from High School skiers, but were always a little nervous about ability and capacity. This year, 5 High School athletes attended, and they all fit in to the program with great ease. Perhaps, in the future, High School coaches could select mentor athletes to attend as captains of their squads, similar to the Ontario Athletic Leadership Program.

HTBCT did an amazing job hosting this camp, as we were able to take advantage of our talented club membership to deliver high quality and diverse sessions. Connie did a great job with the running clinic, Mark T's sports recovery talk was effective as the athletes could be heard talking about it for hours after, Gill Wortley's Yoga and mobility session was so useful even the coaches jumped in. We are grateful, as well, for the contributions of the many parents who were willing to drive, cook, send baking, send more baking, and send more baking. Thanks Jackie for organizing and keeping us on track- Sorry I should have warned you about the way the Grocott boys eat!!

Our original intention was to host 45 athletes at this camp running with 4 primary coaches and 4 assistants for the ski specific work. It was a challenge to find 4 primary coaches that could commit to the camp's timing. It was decided to drop to a very comfortable 35 athletes. Unfortunately, this did create a rather large waiting list. Upon review, however, it was the best decision, as the camp had great flow and rhythm and was easily managed by the staff whom Jackie assembled. Big THANKS to Ron Howden for taking on a primary coach position for the 3 ski specific workouts.

For next year, with the farmhouse closing at Highlands, the only onsite, rental accommodation will be the Woolner house. The HTB parent team has already starting brainstorming and may develop a different format to facilitate this camp.

My wish is to bring in a strong mentor coach to work with the assistant coaches and develop good foundation of skills at the beginning of the training season for local coaches. A wave of excellence that I am sure will make it's way to the grass roots.

Thanks so much to everyone at SOD for your involvement in sport, passion for excellence and time you provide to allow opportunities like this.

Happy Trails & enjoy your summer
rickd



SOD@HTB stats

35 athletes

8 on a waiting list

17 HTBCT

6 Team Hardwood

5 GBN (2 GBN on the waiting list)

2 Mono (1 mono on the waiting list)

1 Arrowhead

5 Highschool (4 different schools)

24 females

11 males

400 meals

7 different venues for training

1 rolled ankle

