

# THE SUMMIT NEWSLETTER



## Jan 30

U10 Training at Springhill

## Jan 31-Feb 2

U12+ Training at Aseissippi

U16 Time Trials for Whistler Cup  
and Can Am at Aseissippi

U14+ MB Cup 1 (SL)

U12+ MB Cup 2 & 3 (GS)

## Feb 2

U10 Training at Springhill

## Feb 3-4

U16 MASD CWG training at  
Aseissippi

## Feb 6

All levels training at Springhill

## Feb 8-9

U14 - Bottineau, ND for Snow  
Stars Academy

## Feb 13

All levels training at Springhill

## Feb 14-15

U12+ training at Springhill from  
1:00-4:00pm

U12+ MB Cup 4 - Dual SL at  
Springhill

## Coaches Report by Brian Hatherly:

As we are speeding along into the competitive portion of the season for the older athletes and just beginning some of the fun and “in the spirit” of competition for our younger athletes ... wow, away we go! On this note, with the later start we have also experienced some exceptional training days!

With our older athletes, we have had four of our full day training sessions where we have been able to go *pedal to the metal* with up to three hours straight, in the morning sessions, to make solid attempts to catch up and prepare for the racing! I have observed that our athletes, parents and coaches have been thrilled to be back on the snow! The athletes have been displaying quality work ethic and have been bringing snacks and drinks out onto the hill in full preparation for training sessions!

Some of our Summit athletes had previously participated in early season training and even summer camps prior to that. These extra opportunities will soon show great dividends!

Highlights from our first camp on snow included two video sessions with athletes and coaches, along with parents observing the session. Parents are encouraged to participate in these sessions as an observer as you should be involved in your sons' and daughters, progress. Following these sessions please be the encourager to your child/athlete and we ask that you do not enter the role as parent and coach based on the information that is shared during these video sessions!

During this past weekend's camp at Aseissippi we experienced a great day of on hill training followed by a fantastic team building activity on the ice at the Inglis Arena. Allie's dad, Todd, flies on the ice!

## Summit Family Fun Night:

The Summit Family Fun Night will be held Sunday, February 16, 2014, over the long weekend. Its a great fundraiser for our club and a really inexpensive way for friends and family to have a great night out and on-hill experience. **There are lots of tickets still available so please contact Rob Grycko for your tickets.** We are also looking for prize donations for the auction. If you, your employer, or someone you may know is able to provide a prize, it is greatly appreciated. Joe Healey will be collecting the prizes and organizing them for the event.

## Pictures Please!

Please share your pictures at any of the events or training. We'd love to include them in our newsletter or update them to the website.

## Other News:

- Our next grocery card fundraiser will kick off mid-February, with a deadline for orders to be February 24th. Additional information will follow.

## For more information:

Rob Grycko (club president) - [rob@tomiukgrycko.ca](mailto:rob@tomiukgrycko.ca)

Brian Hatherly (head coach) - [hatherly@mts.net](mailto:hatherly@mts.net)



Summit's U10 athletes enjoyed their first multi-run race of the season including two runs in the morning followed by two runs in the afternoon. Our coaches hope to show video of the ski race at an upcoming training session very soon. Some of parents displayed their volunteering talents in various jobs at the race, thank you for that!

Congratulations to our athletes and coaches for all of the hard work so far!

Glenn and I will be thrilled to work together with athletes at Asessippi again for this upcoming race. Good Luck to our athletes competing in the Manitoba Cup Races! For the upcoming weekend, I would ask that athletes be ready for warm-up sessions with coach at 8:50 AM on each day Friday to Sunday



*Important Schedule change for UI2+ athletes:*

The GS race that was scheduled for March 15/16 weekend has been moved back one weekend. The revised race schedule will be as follows:

- MB Cup 5 - Feb 23 - SG - 1-run non-national point
- MB Cup 6 - March 7 - SL
- MB Cup 7 - March 8 - GS
- MB Cup 9 - March 9 - Ski-X

The Super Combined on March 7 has been cancelled and there is now no training or race planned for the March 15 & 16 weekend. This combination of changes to the MB Cup schedule will allow for maximum participation by our membership. If you have any questions, please talk to either Rob or Brian for more information.

