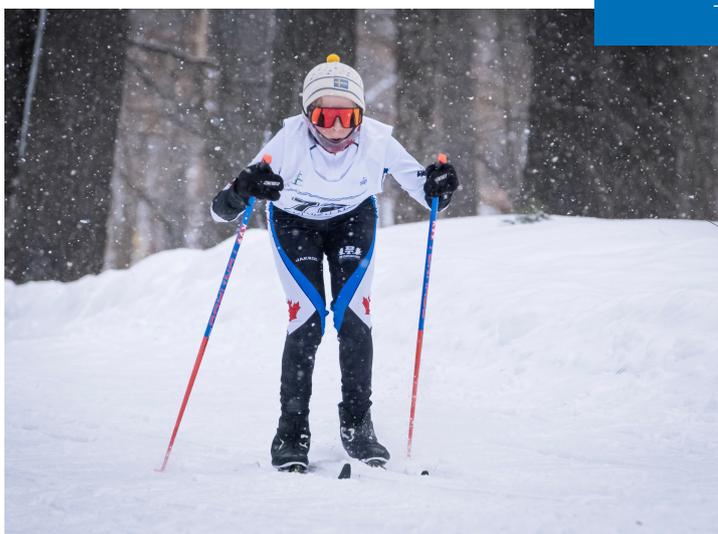


BIG NEWS

From Big Thunder Nordic Ski Club



YEAR IN REVIEW



The 2021/22 ski season was a fantastic year for Big Thunder Nordic Ski Club. With over 50 athletes training and competing, it was great to be back at it after Covid derailed the race season last year. The Lake Superior Ski Division (LSSD) ran a successful series of races at both Kamview Nordic Centre and Lappe Ski Centre which gave all our athletes the opportunity to participate in races.

WE GOT TO TRAVEL

In addition to the local races, Big Thunder athletes travelled to many provincial and national races, including the Eastern Canada Cup series, World Junior/U23 trials, Eastern Canadian Championships, OUA Championships, Masters World Championships, Ontario Youth Championships, and the Canadian XC Ski Championships (Nationals). With all this travelling came great results, personal bests and fun times!

Four BT athletes have been named to the ON ski team and three to national programs. The LU Varsity team took home the women's and men's OUA championship banners, and Adam was named OUA Nordic Skiing Men's Coach of the Year!



There were several big announcements for future seasons with a Lakehead Superior Nordic Association (LSNA) bid for Nationals in 2023 and the Ontario Winter Games coming to Thunder Bay in 2024!



PRESIDENT'S MESSAGE

After 10 years on the BT Board, and the last four years as Club President, I will be stepping down after this season. It has been an absolute privilege to have worked alongside the many dedicated volunteers and our coaching staff that make our club function so well.

Big Thunder's core mandate continues to provide programming for athlete development to inspire athletes to reach their full potential. This applies to athletes at all levels within club programming whether it be our newest recruits in the Junior Racer program, those within our core Development, Racing and Varsity programs or those older athletes in the Masters and Steps and Strides programs. As a club we have seen great success during the past decade - these successes including those of

individual athletes (in their achieving personal bests, podium finishes and/or being named to provincial and/or national teams and training centres) as well as celebrating collective successes as a team (in top-10 club aggregate performances at the National Championships, team podiums at Ontario Youth Championships and the OUA Championships).

Big Thunder Nordic occupies an important part of the Thunder Bay ski community having important partnerships with Thunder Bay Nordic Trails, Kamview Jackrabbits, Lappe Nordic and Lakehead University. With these partners, we have been successful in sustaining an active ski culture and increasing the opportunities for club athletes to race locally. As part of this community, we have co-hosted annual provincial races as well as hosted three National Championships in the past 10 years. As you are well aware, it takes many dedicated volunteers to make these events run and I am proud of our Club's continued commitment to making our ski community as strong as it can be. Some exciting times ahead in the next couple of years with hopes of Nationals back here in 2023 and Ontario Winter Games in 2024.

On a personal note, I have many fond memories of my time with the club (too many to list). Top of mind are the out-of-town travel to races across Ontario for Youth Championships and the O-Cup Series and our annual summer training camps and the Lutsen Fall camp that reinforced the strong sense of community within our club. I would like to extend a personal thank you to those current and past club members who have served on the Board with me at various times. I have felt so lucky to have had such collegial and cooperative Boards.

Going forward, I still plan to stay involved with the Club initially as "Past President" but also plan to stay involved in race planning and officiating and, of course, continuing to train as part of the club's Masters program. I wish everyone a good transition to spring and look forward to welcoming you the Club AGM in mid-June.

~Todd Randall

COACH'S CORNER

The return to racing after the pandemic layoff brought renewed excitement to our club, athletes, and coaching staff and an enthusiasm to get back in the race bib after a trying time away from competition. The team hit the ground running with great workouts throughout the year where technique and fitness improved on a daily basis. Focus and commitment were on point all year long leading into the winter and the hard work showed on the result sheet.



Big Thunder started with a bang with numerous podium finishes in the opening Canada Cup races and continued with one of the club's most successful showings at World Junior Trials with Max and Sarah qualifying to represent Team Canada at the World Junior Ski Championships in Norway. Their strong results there and throughout the season means that our club will be well represented on the Canadian Team with both being nominated to the National Program. Other highlights of the year included two Team Titles for our Lakehead Varsity Programs at the OUA Championships and several medals at the Canadian Championships in Whistler to finish off a great season of racing.

Perhaps most rewarding however was the excitement around skiing and training that has been fostered this season. Our programs have continued to grow with increased numbers of athletes and expanded seasonal offerings in our Junior Racer program and a close partnership with our friends from Kamview Jackrabbits. These programs would not be possible without the commitment of our volunteers and amazing assistant coaches who give so much of their time to our team. THANK YOU!

Looking ahead to next year we aim to provide great programming for anyone with a love of skiing and training and look forward to continuing to build on the great vibe we have always had at Big Thunder!

See you on the trails

Cheers

AK



JUNIOR RACERS



Well, I must say the future of Big Thunder racing is bright, the BT Junior Racers had a successful season on many fronts. We had a big crew out all fall and winter training hard but having a lot of fun along the way. This group loves to find out how to get the biggest air on jumps and has a huge passion for racing and skiing fast. The big goal for the team this year was to attend the Ontario Youth Championships after having a season with no races or travel.

A definite highlight for the team was travelling to SSM for the Ontario Youth Champs in March! This was the first out of town race for many of the athletes. A big crew of 24 athletes showed up ready to race hard and most importantly have a lot of fun! The team environment and vibe was amazing, paving the way to successful races on all fronts. The weekend was filled with personal bests, high energy, teammates cheering loud and congratulating each other, many podiums and awesome finishes. A huge thank you to all the Big Thunder Junior Racer parents who made the weekend a big success. Many of them volunteered countless hours in the lead up to the trip with organizing and planning, to spending hours in the wax trailer to ensure speedy skis and making sure athletes started on time!

We wrapped up the season with a two week challenge where the team participated in various group and solo events. Points were given out at the end up each event and at the end of the two weeks golden eggs were awarded!

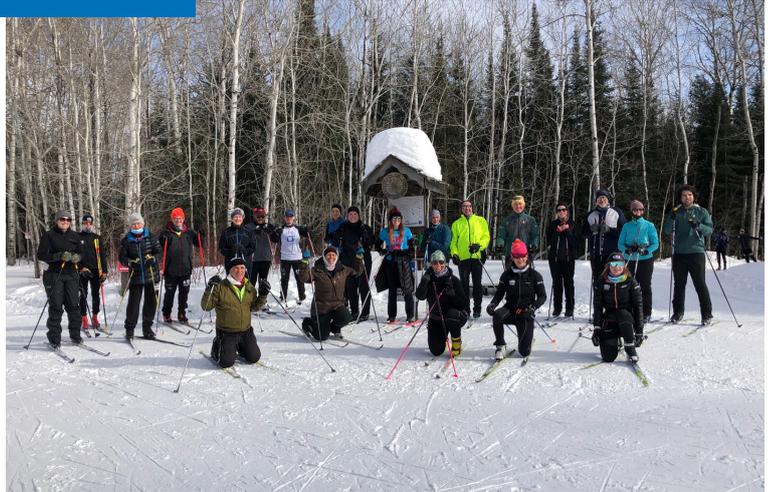
Looking forward to coaching the Junior Racers this fall!

~Marlee



STEPS & STRIDES

Steps & Strides was very popular again this year with 26 participants completing the 8-week adult learn-to-ski program. A big thank you to our very dedicated team of volunteer coaches - Martti, Frank, Marianne, Todd, Conor and all the Big Thunder athletes who generously gave their time to this program. Registration for next season will open on December 1/22!



MASTERS



The BT Masters program had a successful season in 2021/22, with a total of 27 people signed up, 22 training once a week and 5 enrolled in the twice a week program. Toby Quinn was our incredible, enthusiastic coach who ran a mix of classic and free technique sessions, working on reinforcing the basics and some intensity sessions and improving our overall efficiencies in skiing. He was a great cheerleader and inspiration to all. Thanks Toby for a job well done!

While we didn't have the same COVID restrictions as the previous year and we were blessed with great snow conditions at Kamview, we were met with some very cold training days but managed to keep consistent practices. I would also like to thank those that persevered through the bitter cold to join in practices –I hope you all benefited and will consider continuing your training with BT Masters next season.

The club constantly aims to improve the Masters program and want to reach as many athletes with varying ability as we can. Whether you want to train for a race or keep fit through winter, we want our program to fulfil those goals. The BT Board will consider comments and suggestions from the athlete survey to help improve what we offer to our membership.

If there is interest in a summer masters group please email btnordicmasters@gmail.com so we can organize group workouts! Cheers and happy spring!

~Mira Majerovich

NATIONALS

In March of this year I traveled with a group of my teammates to Whistler, BC, to compete in my first ever Nationals. On this trip I discovered how racing could be so different. When I race in Thunder Bay, there are usually 4 or 5 girls in my category, so racing a mass start with over 100 girls my age was crazy. I found it calming that no matter where I was on the course, there were always other racers around me. I was fortunate that many other older athletes had lots of racing experience, and I learned so much by listening to them and watching them prepare for races, deal with bad races, and even podium in races. I'm also very thankful for Adam and all the volunteers, without whom this trip wouldn't have been possible. Overall, this was a super fun experience that I highly recommend.

~Mackenzie Thompson



WORLD JUNIORS

Representing Canada at the World Junior Ski Championships in Norway was an amazing experience. After landing in Oslo, we travelled to the Sjusjoen ski center for the prep camp, where we got our first taste of skiing in Norway. During this time, we had the opportunity to get to know our fellow Canadian teammates and explore the amazing Norwegian ski trails. The team and training vibe was amazing! The pre-camp was awesome, but the most exciting moments were yet to come.

For the race week, we moved to Lygna where the World Junior and U23 Ski Championship races were being held. We got to explore the trails where we were to compete with the best junior athletes in the world! In Lygna, we met with Team Canada's very own personal chef Matthias (arguably the best chef on the planet) and stayed in amazing cabins on the Norwegian hillside. During the competition days, we got to meet many skiers from different countries. The races were very challenging and representing Canada was an amazing opportunity. In Norway, cross country skiing is one of the country's main sports, and people of all ages would come every day to watch and cheer. Hundreds of very enthusiastic schoolchildren would ask the athletes to sign mitts, headbands and even their hands! The World Juniors trip will always be one of the most memorable times of our lives, and the people and experiences will continue to inspire us for years to come.

~ Sarah Cullinan & Max Hollmann

THANK YOU VOLUNTEERS!



Thank you to all club members who have volunteered their time this season. There are too many to name, but you know who you are! Club members volunteered in roles ranging from waxing, race support and coaching Steps & Strides to fundraising, bake sales and bingos! Volunteers are the backbone of our club and support all the programming that the club offers. We couldn't do it without you!



Become an Athlete Rep!



The athlete reps are responsible for reporting athlete issues and providing input from the perspective of an athlete to the board. The athlete reps attend one 2-3 hour board meeting per month (usually the first Monday of each month), and occasionally have other responsibilities, like drafting reports to the board and the yearly athlete survey. Serving as an athlete rep allows you to get to know how decisions are made within the club and gives you the opportunity to help make those decisions (the athlete reps constitute a voting member on the board). I've found that serving as an athlete rep has given me a better perspective on what athletes (including myself) need to be successful. It's also a chance to give a little back to the ski community that does so much for us athletes (and it looks good on a resume too!).

~ Conor McGovern

LOOKING AHEAD

Program Registration 2022/23

Registration for the 2022/23 ski season for all Big Thunder Nordic athletes and club members will open on June 1/22 on zone4. All athletes who will be participating in any summer BT training and fall programs are asked to register by June 30/22 for continued insurance coverage. Parents are encouraged to register with their athlete(s) under a family membership if planning to travel with the team to races and/or volunteer. Descriptions of all Big Thunder ski programs and the registration link can be found on our website btnordic.ca. You can also contact Head Coach Adam Kates at adamckates@gmail.com for more information about any of the programs.



AGM

The Big Thunder Nordic AGM will be held June 13/22 at 7pm at Kamview Nordic Centre. There are several vacancies to be filled on the board for next season. If you are interested in joining the board, please send an email to btnordicskiclub@gmail.com prior to the AGM.

Upcoming Events

End-of-Season Wrap-Up & Potluck, Saturday, May 14, after summer season training kick-off at Kamview

Fresh Air Trail Runs at Kamview - May 31, June 14, July 5 & 19, August 2 & 16, September 13 & 27, October 4, November 8.

Firefighters VIRTUAL Ten Mile Road Race May 12-24/22 www.10mileroadrace.org

Big Thunder Nordic Annual General Meeting, Monday, June 13/22, 7pm at Kamview

Upriver Running High Noon 24 Hour Trail Race and Relay, Kamview Nordic Centre, June 25/22, 12 pm start. For information www.upriverrunning.com/highnoon

Matterhorn Madness at Mount Baldy in support of Roots to Harvest, TENTATIVE DATE July 10/22

BT FAVOURITES

Mira's Banana Cake with Cream Cheese Frosting

- 3-4 large ripe bananas (about 1 ½ - 2 cups mashed)
- 3 cups (375g) all-purpose flour (spoon & leveled)
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¾ cup (170g) salted butter, softened to room temperature
- 1 cup (200g) granulated sugar
- ½ cup (100g) light or dark brown sugar
- 3 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 ½ cups (360ml) buttermilk, at room temperature (can substitute with plain yoghurt and milk, or milk and 1 Tbsp lemon juice)

Cream Cheese Frosting

- 8 ounces (224g) cream cheese, softened to room temperature
- ½ cup (115g) unsalted butter, softened to room temperature
- 3 cups (360g) confectioners' sugar, plus an extra ¼ cup if needed
- 1 teaspoon pure vanilla extract

1. Preheat the oven to 350°F (177°C) and grease a 9×13 inch pan.
2. Make the cake: Mash the bananas. Set aside. Whisk the flour, baking powder, baking soda and cinnamon together. Set aside.
3. Using a handheld or stand mixer fitted with a paddle attachment, beat the butter on high speed until smooth and creamy - about 1 minute. Add both sugars and beat on high speed for 2 minutes until creamed together. Scrape down the sides and the bottom of the bowl with a rubber spatula as needed. Add the eggs and vanilla. Beat on medium-high speed until combined, then beat in the mashed bananas scraping down the sides as needed. With the mixer on low speed, add the dry ingredients in three additions alternating with the buttermilk and mixing each addition just until incorporated. Do not overmix. The batter will be slightly thick and a few lumps.
4. Spread batter into the prepared pan. Bake for 45-50 minutes. Baking times vary so keep an eye on it. The cake is done when a toothpick inserted in the center comes out clean. If you find the top of the cake is browning too quickly in the oven, loosely cover it with aluminum foil.
5. Remove the cake from the oven and set on a wire rack. Allow to cool completely.
6. Make the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners' sugar, vanilla and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra ¼ cup of confectioners' sugar. Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. Cover leftover cake tightly for up to 5 days.

