

## **Abe Wright**

### **2017 USA National Team Camp Report**

Firstly I would like to thank the Birkebeiner Nordic Ski Club for the generous contribution towards my trip to America.

I had a great time training and racing throughout the midwest States and grew a lot as an athlete.

I left Australia in early December and travelled straight to Sun Valley, Idaho. Here the national team had a large house that accommodated everyone and was right on the ski trails. The trail network was very complex with over 100km of skiing that stretched up and down a valley.

The snow was looking very grim until the day we arrived where it snowed multiple feet, and after that, lack of snow was not a problem and so the skiing was amazing.



After a month of intense training we travelled to Soldier Hollow and raced at the US Senior Nationals. Following US Nationals we had another set of races that were in the Sun Valley area and so no travel was necessary which was great. After these races the other junior and U23 athletes went on to compete at The World Junior/U23 Champions, but I was suffering from an injury and did not qualify to start.

I went into my trip carrying an injury I got from an accident in October 2015 where I came off my mountain bike and broke a few bones, most notably my collarbone. I was under the impression that I had fully recovered, but as I started to train at such a high intensity and race at a reasonably high level I began to suffer from shoulder and chest pain while skiing hard. This ended up becoming a real issue and affected interval training and distance racing. Due to this I failed to qualify to start in the U23 Champions. Even though this was really frustrating I was still grateful that I could train, work out and do everything else without an issue.

During the World Junior/U23 Champions I volunteered to wax for the Australian and British Teams where I learnt valuable lessons on how to be a part of a professional waxing team.

Following the Championships I stayed in America with my dad and grandfather, where we toured around and visited some amazing locations.

Once again thanks for your contribution to my trip and also for the years worth of support the club has offered me.

Below are some pictures from racing at US Nationals and coaching at the World Junior Championships.

Thanks again,

Abe Wright  
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