

2017/18 Oversea Report

Katerina Paul



Hello to all BNSC committee & general members,

Firstly I'd really like to thank BNSC for their ongoing support, it is greatly appreciated.

I returned from Norway around 2 weeks ago, and have just been settling back in and getting into the groove of things. This includes catching up on University and beginning to work again. As for "serious" training it can wait until late April/May 1st.

My trip first began way back November in Trondheim, Norway, where I was training and adjusting in preparation for the real start to the season in Davos. November in Norway probably isn't the best time of year if you're looking for good weather or sunlight... But, I got lucky and had a pretty nice two weeks, training on snow and in some sunlight.

I met the senior team in late November in Davos, Switzerland, this was the beginning of my bad luck with health... I got sick shortly after arriving, and had to miss the first set of races, a Swiss Cup in Goms. I was hoping to find some form in time for the Davos World Cup skate sprint but alas no form! Fast forward a little and I found myself in Austria with Rob Jones, PK & Mark. I had just been feeling better and managed to get some training in, in time for these Austrian races. I felt great in the skate sprint and managed to feel like myself again! Unfortunately we had some snowy and unpredictable weather on day 2, so the classic 5km ended badly with too much balling up under my skis throughout the entire race!

The Ausxc junior team arrived right before Christmas to begin prepping for World Junior/U23 Championships held in Goms, Switzerland.

For me I once again ran into some bad luck, falling in a sprint training session and injuring my back. It took me the better part of a month to get back to no pain while training. The one thing I could do during the time I was injured was classic stride. I had a really great result at an OPA Cup in Campra, Switzerland, landing me a top 30 in the classic sprint. This was my first ever OPA cup final as a senior.

The next set of races I had to skip once again due to a cold... I thought it would be smarter to try and get healthy before World U23's.

By the time U23 World Championships came around I had lost a lot of form, so I was disappointed, tired and quite honestly sick of racing. I was no longer skiing like myself and I was about ready to head back to Norway.

When I returned to Norway, I found myself beginning to enjoy skiing again, finally being able to train properly. I was in the company of some great training partners and found myself in the company of Ronice for a couple of skis!

Next up was a ski trip to China!! We were lucky enough to go and compete in a sprint race in Ya'nan. This was a wild trip, for me a great way to finish the season. I met some amazing people, and now we all have some shared memories from a unique opportunity.

Although my season was not what I had planned, nor were many goals fulfilled, I can come away from this past season more motivated to see what I can do next.

I hope to see you all back at Falls Creek this season, lets "pray" for a cold and snowy winter!