

Skiing After High School featuring Aidan and Dustin Hay

Track Attack skiers from Hollyburn Cross Country Ski Club, 100 Mile Nordic, Sovereign Lake Nordic Club, Black Jack Ski Club, and Telemark gathered on Sunday, December 15, for a special session with Aidan and Dustin, where they discussed their student-athlete experiences at two post-secondary institutions.

Dustin and Aidan did an amazing job speaking with the young skiers, sharing a wealth of information and inspiring photos. The Track Attack skiers were eager to ask questions, covering topics like training, equipment, goal setting, balancing school and skiing, and managing setbacks. The session was engaging and full of energy!

A special thank you to Aidan and Dustin for sharing their valuable experiences, which greatly enhance the SDP programs for developing athletes. We also appreciate CCBC and Kal Tire for providing this wonderful opportunity.

