



Ski NB Mountain Bike Camp – Edmundston July 9th - 10th

ATTENTION: ALL SKI NB ATHLETES BORN IN 2010 OR BEFORE

Please join the Athlete Development Pathway team for a weekend of mountain biking led by dual-certified cycling and alpine ski coach Toby Bourque followed by an interactive goal setting and journaling skills session with UNB and CSCA's sport-psychologist Renee Matte.

What you need to do:

1. Registration link: <https://go.teamsnap.com/forms/324459> **Deadline: Tuesday July 5th 9pm.**
Cost: 50\$ per athlete (includes Ski NB ADP t-shirt)
2. Accommodations – please book your own.
Suggestions: Camping at the République Provincial Park - Sites starting at \$32 or [Four Points](#) in Edmundston
3. Lunch, snacks, and hydration are athlete's responsibility.
4. Athletes must arrive to all events with a personal athlete journal.

EVENT SCHEDULE

Saturday, July 9th – Tour of Madawaska Trail system with special guide Paul Levesque of MFRT

Location: [Madawaska Trail](#)

1:00 pm: Guided ride with groups divided by skill level. Start from rue Nadeau trailhead. [Trail Map](#)

4:00 pm: Debrief and gear packing

5:00 pm: BBQ by SkiNB at [République Provincial Park](#)

7:00 pm: Departure to accommodation.

Sunday, July 10th – Ski NB ADP Mountain Bike and Sports Psychology Session

Location: [Mont Farlagne](#)

10:00 am: Mountain Bike Introduction by Toby Bourque - *Why should athletes use mountain biking to train for Alpine Ski Racing?*

- Skill transferability between alpine ski racing and mountain biking
- How is it used for fitness?
- MTB skill development

10:30 am: ride at Mont Farlagne

12:30 pm: Bike maintenance demonstration - *What can the athlete do versus the shop?*

1:15 pm: Lunch (**please provide your own lunch, snacks, and hydration for the day**)

2:00 pm: Sport Psychology with Dr Renee Matte (**Athlete journal book required**)

4:00 pm: Departure

QUESTIONS?

Contact: Keith Dunphy, CWG Assistant Coach

E: keith@pomodori.com

C: 506-608-9230

MEET OUR EXPERTS:

Toby Bourque – Cycling Coach



Certifications

Cycling Canada - Level 3 certified coach

NCCP – Multi-sport Certified Learning Facilitator

NCCP – Fundamental Movement Skills Certified Learning Facilitator

NCCP – Certified Coach Evaluator

Relevant Coaching Experience

Head Coach, New Brunswick Cycling team 2005 Canada Summer Games, Regina, SK

Head Coach, New Brunswick Mountain Bike team 2013 Canada Summer Games, Sherbrooke, QC

Head Coach, New Brunswick Mountain Bike team 2017 Canada Summer Games, Winnipeg, Man

ADP COACHES' NOTE: Downhill Mountain Biking involves the same balance point, visual cues, muscle groups, and movement patterns as Alpine Ski-Cross. This is an asset for athletes who have little or no SX experience to prepare for national-level SX competition.

Renee Matte – Mental Performance Consultant CSCA



Renée Matte is a mental performance consultant with the Canadian Sport Center Atlantic and has been working with athletes, coaches, and sports organizations for over a decade. She is currently pursuing her PhD in Psychology at UNB and has completed a Master's in Sport Psychology as well as Bachelor's degree in the field. Her research has focused on performance enhancement, coach, and athlete behaviour, and hazing in sports. In addition to consulting and completing her graduate studies, Renée also teaches various Psychology courses at UNB and coaches artistic swimming in Woodstock.

ADP COACHES' NOTE: Sport psychology toolkits are essential for high-performance athletes. Performing at any stage of development requires establishing ownership of training; it is the optimal age to build this toolkit. A sport psychologist facilitates this through strategizing and prompting.

QUESTIONS?

Contact: Keith Dunphy, CWG Assistant Coach

E: keith@pomodori.com

C: 506-608-9230