

# Whistler Olympic Park

## Whistler Nordic Development Centre

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## Martin Schrama, Assistant Coach

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Martin Schrama was born on June 14, 1992 in Fort McMurray/Alberta. Nordic sports have always been part of his life. His parents ran the local Nordic Ski Club, so Martin started skiing as a small child with his family. He soon became a competitive athlete. In 2010, he became Junior National Champion. He was member of both the Alberta and British Columbia provincial teams, and in 2011/2012, he was even part of the Canadian Junior National Team. After moving to Whistler in 2011, He gained experience training in professional race teams during his time with the Callaghan Valley Training Centre from 2011-2014. Martin has coached Nordic skiers from grassroots level to development athletes.



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### Athletic Career

- Started training/racing full-time in Canmore/Alberta in 2010, then moved to Whistler in May 2011
- 2010 Junior National Champion (10km Classic race)
- Member of both the Alberta and British Columbia provincial cross-country ski teams
- Member of the Junior National Cross-Country Ski Team 2011-12
- Member of the Callaghan Valley Training Centre from 2011- 2014

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### Coaching Career

Martin started coaching Nordic skiing in 2012 with the Whistler Nordics' Jackrabbit program, while he was training and racing with the Callaghan Valley Training Centre. In 2014, a summer job with the Whistler Off Road Cycling Association (WORCA) introduced the avid biker to coaching youth dirt camps. After that summer, he decided to transition from racing to coaching, and coached Track Attack programs with the local ski clubs Sea to Sky Nordics, Whistler Nordics and Spud Valley Nordics as well as school programs at Whistler Olympic Park. At the same time he got involved in coaching biathlon, and after taking several coaching certifications, he took over the position of Assistant Coach for the Whistler Nordic Development Centre. He still coaches bike camps with WORCA, which gives him valuable knowledge for cross-training with the WNDC athletes.

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### Biggest Career Influence

Martin's move from Canmore to Whistler in May 2011 opened up big opportunities in Nordic sports. Focusing on his athletic career from 2011-2014, he skied competitively as a member of the Callaghan Valley Training Centre. Along the way, he also got involved in coaching biathlon and cross-country skiing as well as mountain biking, which allows him to stay involved in his favorite sports while sharing it with his athletes.

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### Meaning of Sport

In Martin's words, Nordic skiing is part of who he is, and he loves to share his passion with everyone.

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### Coaching Philosophy

Martin believes that having fun while working hard brings out the best in people, so one of his biggest goals is to keep his athletes motivated, happy and confident as a basis for their advancement and success. He wants to coach his athletes to their fullest potential while sharing his passion for the Nordic sports.

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### Coaching Education

- Cross-Country Coach for Train to Train Level
  - Biathlon Competition Introduction
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### Further Education

- Professional Mountain Bike Coach (Level 1)
- Community Coach for Athletes with a Disability