

# CVTC

Callaghan Valley Training Centre

**MEDIA INFORMATION**



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COACHES



**Chris Manhard**  
Head Coach

**Date of Birth:** March 12, 1974

Chris is a former BC Ski Team and Provincial Training Centre athlete who represented Canada at World Junior Championships in 1994. He was head coach for the Black Jack Cross Country Ski Club for four seasons prior to accepting the position of head coach for NDC - Callaghan Valley.



**Maria Lundgren**  
Assistant Coach

**Date of Birth:** November 18, 1979

Maria has been head coach of the Whistler Nordic Ski Club for the past several years, as well as head coach of the BC Development Squad. A former member of the Swedish National Junior Team, Maria is currently a part-time coach with the Callaghan Valley Training Centre.



**Graham Maclean**  
Wax Technician

**Date of Birth:** February 14, 1976

Hailing from Smithers, BC, Graham and Chris have been long-time friends and BC provincial teammates. Graham has spent many years as a wax technician and technical support specialist with the National Ski Teams before joining Chris in 2010 at the Callaghan Valley Training Centre.



**Shannon Thompson**  
Mental Performance Coach

**Date of Birth:** August 27, 1981

Shannon has a background in international level equestrian sport, and is a competitive distance runner. She is also a NCCP certified coach. Shannon is working on a psychology degree, specializing in athlete performance. She is available to support athletes in their mental approach to sport.

[sweetperformances.wordpress.com](http://sweetperformances.wordpress.com)



**Magi Scallion**  
Marketing and Communications

**Date of Birth:** November 7, 1981

A long-time cross-country skier and cross-Canada transient, Magi provides Marketing and Communications support to Cross Country BC and the CVTC. A regular participant in training camps and other such practises, Magi is available to assist athletes with sponsorship, media, and communications questions.





### Martin Schrama

**Date of Birth:** June 14, 1992

**Club:** Whistler Nordics

**Best Result:**

2012 National Championships (Junior Man): 3rd Place, 10 km Classic

**Best Personal Attribute:**

Relatively Tall

**Twitter:** @MartinSchrama

**Instagram:** MartinSchrama

**Blog:** martinschrama.blogspot.com



### Paul Dupuis

**Date of Birth:** January 21, 1993

**Club:** Canmore Nordic Ski Club

**Best Result:**

2012 National Championships (Junior Man): 3rd Place, 30 km Classic

**Best Personal Attribute:**

Most entertaining roommate

**Personal Sponsors:** Fischer, Swix, Smith Optics, Banff Lodging Company, Icon Orthodontics, Rootdown Organic Farm

**Blog:** www.paul-dupuis.com

**Twitter:** @xcPaully\_D



### Geoffrey Richards

**Date of Birth:** March 3, 1992

**Club:** Black Jack Ski Club

**Best Result:**

2012 World Junior Championships (Turkey): 20th Place

**Best Personal Attribute:**

Positive Attitude

**Personal Sponsors:**

TECK, Bliz

**Twitter:** @geoffwee

**Blog:** geoffrey-r.blogspot.ca/



### Sébastien Dandurand

**Date of Birth:** April 18, 1993

**Club:** Canmore Nordic Ski Club

**Best Result:**

2013 Canadian Championships (Junior Man): 3rd Place, 30 km

**Best Personal Attribute:**

Mullet growing skills.

**Personal Sponsors:**

Rossignol, One Way



### Colin Foley

**Date of Birth:** August 14, 1995

**Club:** Nakkertok Nordic

**Best Result:**

2013 National Championships (Junior Boy): 2nd Place, 10 km Skate

**Best Personal Attribute:**

Cooking Skills

**Personal Sponsors:** Fischer

**Twitter:** @ColinPFoley

**Instagram:** ColinPF



### Benjamin Osorio

**Date of Birth:** February 20, 1993

**Club:** Arrowhead

**Best Result:**

2013 Haywood Canada Cup (Duntroon) (Junior Man): 5th Place, 15 km Skate

**Best Personal Attribute:**

Positive outlook on life

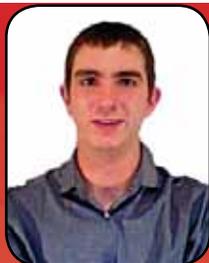
**Personal Sponsors:** Motivations

Fitness, The Sport Lab, Ahimsa, Muskoka Bicycles

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ATHLETES



### Andrew Avis

**Date of Birth:** October 17, 1995

**Club:** Highlands Trailblazers

**Best Result:**

2013 Canadian Championships  
(Junior Boy): 23rd place, 15km

**Best Personal Attribute:**

Hardworking and dedicated

**Personal Sponsors:**

Allan Avis Architects Huronia

**Twitter:** @AndyAvis

**Blog:** AndrewAvis.Weebly.com



### Sam Morris

**Date of Birth:** September 8, 1995

**Club:** Hollyburn Cross Country  
Ski Club

**Best Result:**

2013 Canadian Championships  
(Junior Boy): 6th Place, Classic Sprint

**Best Personal Attribute:**

Determined



### Liam Patterson

**Date of Birth:** June 25, 1995

**Club:** Big Thunder

**Best Result:**

2012 Teck BC Cup (Junior Boy):  
3rd Place, 10 km Free

**Best Personal Attribute:**

Outgoing

**Personal Sponsors:** Cycle Works

**Twitter:** @LiamJPatterson



For more information contact:

**Magi Scallion**

Cross Country BC

Callaghan Valley Training Centre

778.990.2453

marketing@crosscountrybc.ca

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SPONSORS



**AltaGas**



**Teck**



**viaSPORT**  
BRITISH COLUMBIA



**CYTOMAX**  
SPORTS PERFORMANCE SERIES



**HALTI**

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ACTIVE EYEWEAR

**ONEWAY**  
THE AUTHENTIC NORDIC SPORTS BRAND



**TOKO**



**SWIX**



**icebreaker**  
PURE MERINO

