

# Schmidt bids for place on national team

By Dave Fuller  
At four o'clock in the afternoon, Angela Schmidt is seated upon the stone steps of the house at the bottom of Mountain View Ski Hill gazing out at the golden trails while two tireless dogs clamber up onto her lap asking that she come run with them again.

They're persistent but she stays and chats calmly while the two tear off into the tall grass bounding at each other as they go.  
Her relaxed voice gives no indication she is anxious. She appears content to sip a mug of tea and wait before she begins answering questions about herself and her sport.  
Schmidt is a cross-

country skier and in less than a day she will be in Banff, Alberta some 2,000 miles away surrounded by the Canadian Rockies and other young ladies who share her predilection for the sport.  
"It's going to be great just to see them," she says, "I love mountains."  
Only 18-years-old, this resident of Honey Harbour has seen her fair share of hills and mountains from Quebec to the Yukon and Alaska. But the chance to see more still captures her interest and the thought alone is enough to cause her voice to quicken.  
"It was in the Yukon that I first saw mountains. We were in British Columbia once, but we were on the other side of

the mountains and we couldn't see much of them."  
**National team**  
Schmidt is one of the top Junior cross-country skiers in Canada and the trip to Banff for two weeks is at the invitation of the Junior girls' national team. She and the others will be vying for one of four positions on the team which will represent Canada in North American and perhaps European competitions this coming season.  
For two weeks she will be under the tutelage of coaches Daryl Frank and Heinz Niederhauser to improve her technique and build the endurance required for this sport—one of the toughest tests of stamina in the world.

This afternoon Schmidt has come to Mountain View to put in one of two hours of daily exercise with friend and fellow skier Don Foster. A task that troubles her no more than walking to the corner store, the hour long session involves a tour of the local concession roads aboard a pair of wheeled contrivances that resemble pre-1900 skateboards with their oversized spoked rear wheels and extended front wheels.  
This is how cross-country skiers train in the summer. "I've just started really training in the past month," she says. "I didn't train much this summer and I'm only up to about eight hours a week. I should be up to 11 hours but, I feel pretty good right now."  
Schmidt began skiing four years ago at the suggestion of her running coach at Midland Secondary School Elmer Vuorimaki. By her second year she was winning all the local races in her class and last year emerged as the top junior girls skier in Canada winning the National Championships held at Burns Lake, British Columbia.

think after a few years, it's too far away to plan now. I might even ski for years."  
One of the things she is sure of though, is that she wants to travel. And where would she like to go first?  
"Everywhere. Canada first, the west is beautiful; even though I've seen it, you can never see enough of a place."  
But, again that's the future and too far away to worry about now. Skiing is everything until the time comes when it takes up too much of her day. Schmidt is happy doing little else but training.  
"I'm just getting into it now," she says, "I'm willing to explore it, to train and ski and just get good and I'll take things as they come."  
It's a chore sometimes she admits, always being due somewhere or having to travel back and forth from Honey Harbour—and at times she wonders

about the pace.  
It's hectic—yeah it gets me down sometimes. I wish I had more time but then, I like being busy so I don't mind it most of the time."  
Camping is her favourite activity during the summer months when skiing is far from her mind, and as most of us do, she mourns summer's passing. But as she speaks it's easy to detect an injured tone as if the change of season was an injustice that she felt more keenly.  
"I love being outside a lot—camping, canoeing. I wish the whole summer could be just that."  
It's almost like summer this particular afternoon. The dogs are still chasing each other through the grass. But it's not a lazy summer afternoon at all. The difference is that Angela Schmidt has to get up and start training. Quickly, she disappears inside the house at the

bottom of the hill and skiing, if only on wheels, as she prepares for another winter season.



Angela Schmidt



Roller training

The future is too far away to worry about yet, so cross-country skier Angela Schmidt is happy just training and getting good. Her immediate plans are to finish high school and devote the next few years to skiing.

Staff photo

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College aspirations  
If she does continue with school it will most likely be at college rather than university.  
"I don't want to go to university, I think I'd rather go to college and take forestry or something like that. But, I'll have to see what I

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