



Members of the Proctor Nordic ski team work on their starts with Olympian Carl Van Loan of the Proctor class of '95 and the Andover Outing Club.

## Proctor Nordic Ski Team

### Proctor Academy press release

The Proctor Nordic Ski Team started its season with a terrifically successful training camp in Mont Sainte Anne, Quebec, just north of Quebec City, from December 16 through 20. This trip, coupled with a clinic on campus with Proctor alum and Olympian Carl Van Loan on December 21, afforded the 20 skiers participating an outstanding opportunity to both improve their skills and bond as a group.

With a record number of skiers on the team (25), the camp also had a different feeling than in past years. Coach Buz Morison reported that “the students were just great. They trained hard, played hard, and were incredibly fun, helpful, and supportive of each other. It was probably the most spirited ski camp I have taken.”

Conditions were excellent in Canada, which allowed for double sessions of perfect skiing at one of North America’s premier venues. The top skiers skied over 90 kilometers, including a full-moon night ski and a time trial. Stepping in as assistant coaches were Pete Southworth and Greg Allen, who provided essential support and spirit to pull off a successful camp with a big group.

In addition to skiing, the team made use of the sauna, including a good roll in the snow. They also toured Old Quebec City by night and visited the Basilica of Sainte-Anne-de-Beaupre, the site of miracles and the destination of many pilgrims.

Upon their return to campus, the group was joined by Carl Van Loan (Proctor '95) for an insightful and productive day at the Blackwater Ski Area on snow provided by Garry George and his crew. Carl was excited to support both the Andover Outing Club (AOC) and Proctor, both of which set him on his path to the Olympics as a Nordic Combined Skier.

Carl spent one day with his old coach, Tim Norris, and local jumpers and a second day with Proctor and AOC cross country skiers, alongside his old cross country coaches Peter Southworth and Erik Cole-Johnson. The young skiers

were very motivated to get tips from such a high-level skier. It was an inspiring way to end the camp.

Since returning from winter break, the team has continued the tremendous momentum established early in the season. On its first Thursday back on campus, Proctor’s 25 Nordic skiers welcomed 17 students from the Andover Elementary/Middle School to its first of many weekly training sessions.

Every Thursday, Proctor’s athletes and coaches run a clinic for local students who are either just learning to ski or who have had limited experience in the past. The outreach to the local community originated last winter, and both parties are thankful for the opportunity to engage with each other. Proctor’s coaches Buz Morrison and Erik Cole-Johnson are thrilled about the chance for their athletes to pass along the skills they have learned to the next generation of Nordic skiers, and Proctor’s athletes thrive on the personal connections they have made with the athletes they are coaching.

Proctor’s Nordic Ski team has a series of races over the next two months. Visit ProctorAcademy.org or follow ProctorHornets on Twitter and Facebook (Proctor Athletics) for daily updates on the school’s athletics and afternoon programming.



Riley Keezer, son of AOW coach Michelle Keezer, cheers on unicyclists as they ride past the counters in the AE/MS gym. Riders pictured (front to back) are Bailey Powers, Erin Hanscom, Alicia Barry, Betsy Abrahamson, Jason Lewis, Ben Yusko, Elizabeth Labrie, Jessica Lewis and Tiffany Poulin.

Photo: Alan Hanscom

## Andover One Wheelers

By Alan Hanscom  
Andover One Wheelers

The Andover One Wheelers held their annual Ride-a-thon on Sunday, December 5. The travel team circled inside the AE/MS gym for two hours to raise funds toward the spring trip.

This year, 16 riders completed 3,151 laps for a total of 112.5 miles. Five riders – Alicia Barry, Erin Hanscom, Bailey Powers, Jason Lewis, Tiffany Poulin, and Ben Yusko – exceeded eight miles each, while most of the team rode at least five miles.

Riders took a mandatory rest break midway through the event and snacked on food provided by the parents. They also were encouraged to stop whenever they needed to, since coasting was not an option!

Many thanks to our sponsors and to team parents who were busy keeping track of the number of laps ridden. It was organized chaos as unicyclists breezed by at five miles per hour.

**Please Help!**  
The *Beacon* relies on your support.

 **Be Well.**

**Mindy Grinold Bicknell**

Licensed Massage Therapist

*Therapeutic massage for*

- Relaxation
- Sports Injuries
- Sore Muscles
- Well Being!

19 Newport Road  
New London • 526-2049

**THE LAW OFFICE OF JAY C. BOYNTON**

 Attorney Jay Boynton and Paralegal Robin Boynton are The Boynton Law Office. We have a modern, technologically savvy, fulltime office in Andover, New Hampshire. We live in town, enjoy our friends and neighbors, and practice law with common sense.

Our practice provides more than 30 years of legal experience, personalized service, attention to detail, a willingness to listen, the promise of absolute confidentiality and our best efforts on your behalf.

We have a general civil practice representing individuals, families, businesses, non-profit organizations, and municipalities in New Hampshire with an emphasis on school and municipal law, corporate, probate, estate planning, real estate and business law.

We do not have the overhead of many large firms, and we do not accept cases that are beyond our expertise. We stick to the matters that we can handle efficiently, economically and effectively. If we cannot handle a matter, we will help find someone who can. If you choose not to retain us, there is no charge for the preliminary consultation.

Please call or stop by. We would be pleased to meet and talk with you.

9 Johnson Lane | Suite 102 | PO Box 395 | Andover, NH 03216  
Telephone: 603.735.5554 Fax: 603.735.5564  
boyntonlawoffice@tds.net