



NORDIC TRACKS

Nelson Nordic Ski Club Newsletter

Fall 2008

Ski Swap

& PRE-SEASON MEMBERSHIP DRIVE

Sunday November 02 /08

Nelson Rod & Gun Club
701 Railway St, Nelson

Drop off items for sale:
9:00am to 10:00am

AGM – 10:00 am – 11:00 am
Anyone attending the AGM will be able to shop the Ski Swap first !

Membership Drive 11:00 – 2:00

SKI SWAP: 11:00am to 12:30 pm

Pay out to sellers: 12:45pm to 2:00 pm

Equipment left at the swap will be donated to a local charity

- ❖ 15% of sold merchandise goes to the club.
- ❖ \$5.00 charge for unsold items.
- ❖ Sell cross-country, telemark and touring equipment.
- ❖ Sell ski clothing.

PRE-SEASON (discounted) MEMBERSHIP

NEW LOCATION!!!! NEW TIMES !!!!!

At the Nelson Trading Co. 402 Baker St.

Thursday Oct. 30 - 9:30am-5:30 pm

Friday Oct. 31 - 9:30am-3pm & 5pm-9pm

Saturday Nov. 01 - 9:30am-5:30pm

(Swap Meet) Sunday Nov. 02- 11:00am-2:00pm

If you would like to help out at either of these venues call 354-4299

Or email ajpop@netidea.com

Visit us at www.nelsonnordicski.ca

Please feel free to contact myself or any of the other directors if you have any comments.

See you at the Work Bee and AGM!!

Chris Mulvihill



Message from the President:

I hope all of you had a wonderful off season and are looking forward to getting on your skis again. The Executive is certainly looking forward to another busy season.

October/November are busy months as usual at the NNSC. One of the higher profile events is the **NNSC Annual General Meeting on November 2nd**. I encourage all interested members to come out to review the highlights of the past year and to elect the new Executive and Directors for the coming season. The Club is always looking for members who are interested in becoming Directors. The first step in getting involved as a Director is to come to the meeting and see what being a Director is all about.

One of the most important issues for the coming season is for the Club to decide on whether or not to purchase a new grooming machine. An information note was sent out in early July about the issue and we have sent it out again in late September. It is crucial that the members provide feedback on this initiative. The Executive is hosting a meeting in conjunction with the Annual Work Bee to discuss the proposal. A meeting will be held at 9:00 at the Apex shelter.

Grooming will again be our highest priority for the coming season. At this point we are unsure if our groomer from last season will return. We will be confirming this as soon as possible and starting the search for a new head groomer if necessary.

From Ann...

Hello to you all, I hope you had a healthy spring and summer. Looking out today I couldn't help but notice that white stuff appearing on some peaks. Yes, it's getting close to that time of year again.

The Mental Health supported some local residents in grant monies to once again enable them to do some work for us.

This early fall they took on the task of repainting the majority of our out buildings, and this sure spruced things up for us.

I would like to take this opportunity to thank the following: Rob Wood, Max Shaw, David Hall, Chris Kazakoff, Roland Endert and Terry Solien for a job well done.

IMPORTANT INFORMATION

This season there will be an additional \$10 Association Fee charge for all members registering with our Club. The Nelson Nordic Ski Club is required to submit this amount to CCBC (Cross Country BC) per member. This fee covers our insurance liabilities and association fees within the province. There will be no GST charged on this additional fee.

The BC Rabbits Program fees have also increased this season from \$35 pre- season to \$50 pre – season . This rate will be available until NOV. 02/08. You may enroll your child/children during the Pre- Season Membership Drive.

The regular season rate has increased from \$50 regular season - \$65 regular season Nov. 03/08 – Dec.31/08 and there will be NO APPLICATIONS

ACCEPTED after Dec. 31/08. The change in this format is to allow the coaches to prepare for the season. The increase will allow for continued support of this program. Out of these fees, the Nelson Nordic Ski Club is also required to submit an additional \$5.00/registrant to CCBC (Cross Country BC) which they use to submit agendas, posters, and learning tools to every registrant.

IMPORTANT REMINDERS FOR PURCHASING MEMBERSHIPS

The Pre- Season Membership Drive will be held at a new location this year. We will be at the Nelson Trading Co. The times and dates are included in this newsletter. Payment is by cash or cheque.

Any past member who will be purchasing a membership this year is required to submit their photo ID ski pass from the previous year in order to adhere this seasons year sticker to it.

If at the time of membership purchase you do not have your ski pass ID with you will have two options:

- a) Return with your ski pass ID during the pre-season membership drive. OR
- b) Pay \$5.00 and have your photo retaken for a new ID.

If you will be away during the Pre- Season Membership Drive, you can mail in your application, **postmarked no later than Nov. 02/08**, which you can download from the website www.nelsonnordicski.ca or you can pick one up at Gerick Cycle & Ski. You can mail it to the address on the top of the form, along with a cheque, adult signatures, and your ski pass ID's from last season. Once received you will be put on this seasons membership list.

There were a few members from last season that did not pick up their photo ID ski passes, these will be at the Pre-Season Membership Drive.

There will be a running waiver at this Membership Drive, so if you were a member in the past, it is not necessary to fill out the application form. You will be required to sign this waiver at the time of purchase. Please be sure to notify me of any changes in your emails or mailing addresses at this time.

I will be holding another membership drive during the "regular" season on Dec. 05/08 and Dec.06/08 at Gerick Cycle & Ski, so if you require to pick up your ID after the pre-season or there are members of your families that are not able to attend the pre-season drive for a photo this would be the time to do this.

NEW FORMAT FOR THE SKI SWAP

The Nelson Nordic Ski Club AGM will be held one hour before the Ski Swap. Anyone attending the AGM will have first access to the Ski Swap.

VOLUNTEER HOURS

I will have the list of volunteer hours at this membership drive, please be sure to mention you may have some hours eligible for a discount.

The volunteer hour discounts expire by Nov. 02/08, after this date everyone starts with a clean slate. Any volunteer work done for the Club after this date will be applied to the 2009/2010 ski season. There is one exception to this and that is for the brushing crews that will continue to do work on the trails into November.

If you are interested in helping out with any of these venues, please email me at ajpop@netidea.com or call (250) 354-4299.





Jackrabbits and Track Attack will be starting another exciting season this winter! It should be a great year.

If you have questions please contact
Darcy Quamme @ 352-2603

Nelson Nordic Ski Club Programming 2008-2009 Season

Note to Jackrabbit Parents

- Our Club's mandate is to have all Jackrabbit Program parent-coaches certify at the Community Coaching (CC) level and at least one CC trained parent with each class at all times.
- Parents of all ski abilities and varying commitment levels are welcome to attend the coaching courses.
- These courses are free to Club members who volunteer their time to our Club.
- These courses are also an excellent way to improve your own skill and knowledge, as you will receive ski technique instruction from a Level III coach facilitator.

Coaching Courses for Jackrabbit Parents

*** Introduction to Community Coaching (ICC)**

This 8-hour course is recommended for parents wishing to coach, help coach, or just follow-along with the class. This course is by enrollment. The ICC course content is orientated to entry-level children (Bunnies and Level 1).

*** Community Coaching (CC)**

The Community Coaching (CC) course is 16 hours, has an on-snow component to it and is scheduled for Dec. 5th, 6th and 7th at the Nelson Nordic Ski Club. The ICC course is a pre-requisite. If you are interested in taking this course please contact Lorraine Douglas lorrdouglas@telus.net or phone 250-505-2004.

Our Club's programming runs off the backs of dedicated volunteer-parents who are willing to certify in Cross Country Canada's coaching courses. Please consider being part of this fantastic coaching community.

Jackrabbit Program

• **New to this year... No registration will be accepted on the first day of Jack Rabbits or Track Attack due to difficulties in program logistics. Please register early! Pre-season rates (Oct. 30 – Nov.2) will be \$50. Regular-season rates (Nov. 3- Dec. 31) will be \$65.**

Registration deadline is Dec. 30 2008.

- The number of spaces available for children enrolling in the Jackrabbit program will be limited by the number of parents who volunteer to certify and coach.
- Certified parent coaches will have priority when enrolling their children in the program.
- Jackrabbits will begin Sunday January 4th 2009 and run 8 weeks with the wrap-up Jamboree date to be announced at the end of February.

We would like to implement an “event series” for the Jack Rabbit crew, as this has been extremely successful at other Clubs across the province. It would be a fun, social event for the kids and could be something like “chocolate chip cookie races” where everyone wins and everyone gets a prize. This too requires volunteer organizers. Anyone willing to organize this please contact Lorraine Douglas: lorrydouglas@telus.net

The Jackrabbit Ski League program is open to children 4-12 years of age. Children are grouped according to age and ability. Each group has a leader, an assistant and a parent helper. This is an 8 lesson program held on Sundays at 1:00 pm, plus the wind-up Jamboree. The 2009 program begins January 4th and runs to February 22nd. Class length is 45 minutes to 1½ hours depending on the age of the group.

The emphasis of this program is: **having fun**, developing great ski technique and encouraging life-long skiers. A typical session might include: goofy warm-up games, a ski obstacle course, some technical instruction, a fun ski with the group, possibly ending with a brief soccer game on skis! Each session closes with hot chocolate and a snack in the lodge.

Bunnyrabbits (Age 4 & 5)

Designed to introduce young children to the sport of cross country skiing and the healthy lifestyle that goes along with it. The focus is on balance and learning basic skills through short play sessions on skis. Parental involvement is required.

Jackrabbits (Age 6-12)

A four-level progression through the basics of cross country skiing. Skiers can join at any age and are grouped according to ability. The focus is on balance, agility and rhythm over a variety of terrain. Games and drills are used to reinforce the concept being taught. Night

skiing, team relays and special activities add to the fun.

Parental involvement is encouraged.

Track Attack (age 8-12)

Cross Country Canada’s Track Attack program is designed to promote the continued development of physical literacy, fitness and the love of the sport. Skiers are grouped according to ability and the program will run 1-3 days a week (Sunday, Tuesday, Thursday) depending on commitment level.

Our programs rely on volunteer participation and the NNSC requires a minimum of one parent per family to volunteer in some capacity with the club, whether it be instructing, parent-helper, serving hot chocolate, phoning, or organizing a “series event” for the kids.



The Nelson Nordic Ski Club offers excellent training for parent volunteer instructors organized through the **Cross Country BC (CCBC) Community Coaching Program**. You don’t have to be an expert skier, just willing to take one or both of the CCBC courses (Introduction to Community Coaching and Community Coaching) and of course have fun with kids!



They also had a dryland training camp in the East Kootenay this fall with all the Kootenay teams.



Nelson Nordic Junior Racers

Our athletes have been training hard over the summer and into the fall.

Most of them are following year long training plans now and the fall is the time to put in lots of training hours. They have been roller skiing, hill bounding, ski striding, running and doing lots of core and strength training. Members of the BC Development Squad (Lauren DeGroot, Sonja Poole and Julien Locke-Hinke) attended glacier ski camps this summer at Haig Glacier near Canmore and Hudson Glacier near Smithers. It was an amazing experience for these athletes. Both the BC Development Squad and some of the BC Talent Squad (Shawn DeGroot, Kirsten Douglas, Ben Hall and Peter Locke-Hinke) athletes will attend the first snow camp at Silverstar November 7-11.

Mike Cavaliere, our Level 4 coach from the Alberta World Cup Academy has come to Nelson to run two dryland camps, in the spring and fall, and will be back for a ski camp at the end of November.

Our athletes are hoping to attend Kootenay Cups, NorAms, BC and Alberta Cup races, Western Canadians and National Championships. It will be a busy season of travelling and exciting racing.

Submitted by Louise Poole



www.nelsonnordicski.ca

For Sale – if you have ski – related items for sale, email jillmark@telus.net and I will put it in the next newsletter.