



NORDIC TRACKS

Nelson Nordic Ski Club Newsletter

Spring 2014

Message from the Co-Presidents

What an awesome season! Great snow led to incredible grooming by our excellent staff. Our little club attracted almost 800 members this year. That's an amazing feat - we believe that is due to our full time staff of Ann, Lisa, Ralph, Kjell, and Karen; and our dedicated volunteer coaching personnel, kiosk volunteers, and talented directors. At this time we would like to thank all those who made the Nelson Nordic Ski Club a success for the 2013-14 season.



It was 30 years ago that the club was formed. To celebrate, we ordered shirts with

30 year logos plus other shirts without "30" years. These shirts will be sold for \$34 and be available at the next workbee, early membership drive, AGM meeting in the fall, and at the Apex kiosk once the season gets underway. We bought a quality bamboo, made in Canada product :)

We hosted a number of events and programs this year. We hope you enjoyed the club and all of the extras that were provided.

We are really happy to see the growth in numbers for the Jack Rabbit program but we are worried that we will not be able to sustain those numbers unless we get more parents or other volunteers stepping up to coach the children. In order to have a quality program, we will need to limit the number of children able to participate if we don't get more coaches. Jack Rabbits is a volunteer run program across Canada.

The great thing about coaching is parents bring their own skill level up with better technique through the coaching courses and through teaching it with their Jack Rabbit group. We will host a couple of training sessions for volunteer coaches before the season starts next year to make sure parents are comfortable and familiar with the program. That might help take away any hesitations parents might have about volunteering to coach. You don't have to coach your own child as we can schedule parents in the different levels to make it work for you. The ICC and CC courses will be offered in the fall and early winter. We hope to host one or both courses in Nelson. Check out the CCBC website for more information on these excellent opportunities.

www.crosscountrybc.ca

Looking forward to seeing some of you volunteering at the next work bee - Saturday June 7 and Sunday June 8. As always, we welcome suggestions, feedback, and comments or if you have questions, send as an email.

Happy cycling,

Nancy (nquackenbush@sd8.bc.ca) and

Louise (klpoole@shaw.ca)

THANKS!

On behalf of the NNSC we would like to send extended "thanks" to the following businesses for their support. With their sponsorships the NNSC is able to continue to make improvements to our infrastructures.

Art of Brewing

Bia Boro

Devitos Shoe Repair

Dr. Doug Kelly & family

Dr. Kathryn J. Bibby

Dr. Loren Kozak

Dulux

Gerick Cycle & Ski

Investors Group

Kootenay Health Services Inc.

Lakeside Physio & Sports Injuries Clinic

Main Street Diner

Maison

Mountain Baby

Nelson City Police

Nelson Farmers Supply

Oso Negro

Selkirk Veterinary Hospital

Sitkum IT

Terra Erosion Control Ltd.

Valhalla Pure Outfitters

Vitality Chiropractic & Laser Therapy Clinic

Thanks again!!!!

Volunteers

Well, what can I say we have approximately 82 volunteers give or take a few. They have worked 300 + hours. This total does not reflect the time Board members or Track Attack and Rabbit Coaches spend. Your time spent is indicative of the success of this Club.

Photo ID's

These ski passes are used from season to season, so please place them in a safe space at the end of the season for renewal for your next ski season.

We adhere year stickers, which is a very cost effective process. To improve efficiency, please bring your ID with you when purchasing a membership or be expected to pay an additional \$10 for a replacement membership.

Work Bee

There are many projects that will need to be completed before the start of next season. There will be 2 work bees, one **June 7 & 8**, this one will be held to paint many of our out buildings, and one again in the Fall. For the **Spring Bee** please bring ladders and brushes, we will have rollers etc. but if people bring some extras that's always helpful. Please email Nancy Q (nquackenbush@sd8.bc.ca) to let us know if you can help with one or both days in **June**– this will help us plan for snacks and coffee etc. There will be another notice/sign up for the Fall work bee closer to the date.



A notice regarding the work bees will be sent out via email.

Have a Happy and Healthy Spring

Ann Popoff



Visit us at www.nelsonnordicski.ca

2013-2014 Track Attack Summary

In September it wasn't looking like we'd have enough kids to even run a program.

Undaunted, Karen Redfern and Kaj Gyr somehow managed to add another six skiers, making a total of twelve.

Track Attack started Dryland Training in late September and carried on until the snow flew in December. We managed two sessions on-snow before Christmas, and hit the trails hard in the new year, joined by our new coach, Joe McGill. In February we added Thursday night sessions, which proved to be a great forum for more skill development, and a welcome challenge for some of the new skiers. As always, the range of skiing abilities was broad. Enthusiasm and pluck prevailed.

It was not a big year for Track Attack skiers to compete in anything but the Kootenay Cup held here in Nelson, as priorities for both parents and coaches slanted towards skill development, group activities, and just plain fun.

We look forward to a new influx of skiers next season (hopefully more girls!), and the ever-present FUN.



[From Cross Country Canada...](#)

Go to the link below to see the awesome pictures and article of the NNSC 4th Racing Rocks Event on their website!

<http://www.ccski.com/Programs/Athlete-Development/Nelson-Nordic-Ski-Club-held-its-fourth-Racing-Rock.aspx>

**A BIG THANK YOU
to all the
Coaches, Volunteers,
Participants, Members,
Parents, Executive
and Sponsors !!**

