

# SKI Cross Country

A PUBLICATION OF CROSS COUNTRY BC



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# SKI *Cross Country*

THE BC GUIDE TO CROSS COUNTRY SKIING 2012-13

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# ***SKI Cross Country***

is a publication of Cross Country BC  
the provincial sport organization for  
cross-country skiing in British Columbia.



## **Cross Country BC Mission Statement**

To develop and maintain support structures for the delivery of cross-country ski programs (recreational through to competitive) to a broad cross section of the community.

To achieve international competitive excellence by the establishment and maintenance of programs and activities that support an integrated athlete development system up to the National Ski Team level.



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## **BC Sport Agency**

**SKI Cross Country 2012**

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# FIRST TRACKS

## Come ski, comme ça

Last winter, two teams of young cross country racers (from BC and Quebec) embarked on an exciting new adventure - an exchange! The Strathcona Nordic Ski Club from Vancouver Island and the Club de Ski de Fond du Parc Mont-Orford near Sherbrooke took turns hosting each other. For one week in each location, they skied and trained together.

The teams, each comprised of two coach chaperones and 17 athletes (10-16 years old) enjoyed comparing training regimes and snow conditions. Over the course of the week, in addition to ski sessions, they also fit in other activities - like hiking in the coastal rainforests, beach combing, and fossil-collecting in BC and pond hockey, sugar shack, and visits to Quebec City.

Strathcona coach Tim McGrady initiated the exchange by contacting teams in Quebec. Quebec coach Gilles Lefebvre had a team of similar size and composition at Mont-Orford. Together they partnered with a national organization called SEVEC, which helped them organize and fund the exchange.

Coach Tim says, "We had a fantastic time. For a week, we lived and skied in a different culture and came away with an appreciation of both how different and how similar we are... we made great new friends, and we did some fantastic skiing together!" See photo on page 44.

Of the experience, Coach Gilles says, "I would like to emphasize the importance of connecting with young athletes across the country, of living a similar dream in a completely different environment. What a motivation tool that is! ... we just loved it!

The Strathcona Nordics are planning another exchange for their young racers for next season (2014).

*Barb Kelly, Strathcona Nordic Ski Club*

## Canada's Highest Cross Country Ski Club

2011/12 saw the Nickel Plate Cross Country Ski Club of the South Okanagan launch a new Junior Racer program. With the aim of retaining and developing young skiers completing the Track Attack program, the club attracted eight racers who might otherwise have left the sport. These young athletes attended five provincial competitions, including two BC Cups and the BC Midget Championships. Training included Fall dryland preparation and mid-week night skiing and coach directed workouts on Saturday during the snow season. On Sundays the athletes frequently got together for some long slow distance skiing.

Photos: K. Hutchinson, Tetrahedron Outdoor Club



Bouyed by the response from skiers and parents, and encouraged by their ever enthusiastic and knowledgeable coach Jerome Jang, the club expects to draw additional Junior Racers for the upcoming season. Canada's highest cross country ski club has arrived!

*Ron Hayman, Nickel Plate Cross Country Ski Club*

## Announcing the Vancouver Island Mountain Centre

The Vancouver Island Mountain Centre opened its doors in November 2011. The centre is a new facility dedicated to support the development of mountain sports at Mount Washington. It is located at the Mount Washington Nordic Centre, home of the Strathcona Nordic Ski Club who were instrumental in its development, and includes low cost (under \$40/person/night) group accommodation, a group kitchen and dining area, meeting space, and fitness room designed for sport users. It is perfect for both cross country ski camps and race accommodations and can handle up to 40 people (with four persons) to a room.

The Strathcona Nordics have booked the facility for the Teck Coast Cup Finale on March 8-10, and for the Vancouver Island Loppet on April 13, 2013 to accommodate visiting clubs. Rooms will be available on a first come, first serve basis. For more information contact [info@strathconanordics.com](mailto:info@strathconanordics.com) and visit <http://www.vimountaincentre.com/>.

*Len Apedaile, Strathcona Nordic Ski Club*

# PREPARING FOR A COMPETITION

## - an Athlete's Personal Race Plan



Photo: D. Koerber, Revelstoke Nordic Ski Club

The objective of a personal race plan is to give purpose and direction, reduce tensions and prepare an individual for a competition.

### Why Warm-Up?

An appropriate warm-up routine prepares you physically and mentally to execute a race to the best of your ability. It will gradually prepare you for skiing full out by getting your body's energy systems and muscles up to prime operating temperature. Points to note:

- your warm-up should include some hard work, but not hard enough for fatigue to set in;
- the timing of your warm-up is critical because you should be well warmed up for your race, but you don't want to lose the effect of the warm-up prior to the start; and

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*Note: although the following guidelines have been developed specifically for skiers in the 8 to 12 age range (the L2T stage of athlete development), the principles can be applied to athletes at any age.*

- your warm-up routine is part of your pre-race plan and should be monitored and improved from race to race.

### Why Warm-Down?

An appropriate warm-down routine should relax tight muscles, help remove waste products from your muscles, help you recover quickly if you have another race later that day or the following day, and reduce your chances of getting sick. Point to note:

- if the weather is particularly cold, or if there are other indications that hypothermia could be a possibility, then it is important for you do your warm-down with another skier.

### Preparing for a Race

For you, the athlete, the planning and implementation of a personal race strategy is an important component of your preparation for a competition. Each competition should be considered a learning experience - something to look forward to and an exciting challenge on the way to self-improvement! Following are some points to consider.

## Pre Race - The Day Before

The day before the competition, your main objective is to have your planning and preparations in good order so that your race day can run as smoothly as possible.

- When you arrive at the venue you will want to inspect your competition course, either by yourself or with teammates that will be racing the same course. Depending on your familiarity with the site and conditions, your coach may wish to ski it with you. While checking the course, you should ski over the difficult downhill sections once or twice at race pace until you establish a comfort level; unless the course conditions change significantly overnight, this may be the only time you will ski the course prior to the competition.
- At some point during the course inspection, or shortly after it is completed, you should discuss your race strategy (tactics) with your coach. Tactical decisions depend on the race format, your strengths and abilities as an athlete, the course conditions, your start position and the course distance/profile.
- Discuss a suitable warm-up routine with your coach. This will depend on your age, your physical fitness and the race format. For T2T and older athletes, a short “interval” should be included. At some point in time you will need to discuss and develop this procedure with your coach. Together you will learn through trial and error what works best for you
- Discuss a suitable warm-down routine with your coach.
- The detailed club/team plan for race day (prepared by the coaches and understood by everyone on the team) is an essential part of your preparations, as is your personal race plan, and they need to be in harmony with each other in order for everything to fall into place the following

day. Develop the habit of putting your plan in writing. The purpose of all this pre-race planning is to ensure that the morning of the race will be calm and well organized so that you can focus entirely on your preparations for your competition. Following the competition, you and your coach should review your personal plan and look for ways to improve it for next time.

- Ensure that you understand what the procedure will be for picking up your bib.

## Pre Race - The Morning of the Race

The morning of the competition your main objectives should be: (1) to be physically ready; (2) to be mentally ready; (3) to have all your equipment in good working order; and (4) to have your skis prepared properly.

- Follow the pre-race plan you developed the day before.
- Try a slow wake up run (10-15 minutes) soon after you get up in the morning. This may or may not work for you, but at some point you will need to test it out and see if it is the right thing or not.
- Eat appropriately. What you choose is a matter of individual preference, but keep in mind that the food you eat in the last few hours before a competition should be high in carbohydrate and low in fibre. You will need to experiment to learn what works best for you. Don't eat anything you are not used to on the morning of the race.
- Experiment to find out the best time for you to eat before a competition. This could be one to four hours before your start. Three important considerations to keep in mind are:
  1. don't eat a full breakfast later than three hours before start time;



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2. if you are eating just one or two hours before your start, use food in a liquid form to ensure rapid absorption; and
  3. don't eat so long before the race that you feel hungry before you start.
- Your coaches will give you specific instructions on when you are to arrive at the venue. Generally this will be 1.5 hours before your start time in a classic race and 1 hour before your start time in a free technique race.
  - When you arrive, go to your team headquarters and check in with the coaches. Find out how the skis are being processed on that particular day, and when you should pick up your warm-up skis. If you are waxing your own warm-up skis, find out the recommended wax and prepare them.
  - The timing of your warm-up is critical because you want to be well warmed up for your event but you don't want to lose the effect prior to the start.
  - This final pre-race period should be planned to the minute. Your warm-up routine should take your full attention and your entire focus should now be on preparing for your competition. From this point, there should be no time for anything but carrying out the plan.
  - Follow the warm-up routine you planned with your coach the day before.
  - You should do your warm-up routine alone so that you

## Generation Birkie – 25 years young



Gina Loewen, winner of her age category in the 2012 Birkie 31 km event.

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can be focussed on the upcoming race. Generally you would ski for about 20 minutes. You would extend this somewhat in very cold temperatures.

- Ensure that your warm-up is done correctly. This will become increasingly important as you get older. Senior athletes following a proper warm-up routine should be physically prepared for their event so that they are able to ski at the appropriate pace right from the start. Typically a good warm up increases the core temperature, uses muscles and techniques at the intensity level required during the event and sets the appropriate arousal level without your being fatigued at the start. If you are sweating when you finish a warm-up, you should change your toque and gloves before the start.
- In very cold weather, the “feeling” from the warm-up should be the same. What changes as the temperature drops is how the warm-up is done to get and maintain this “feeling”. Often on a cold day you will be tempted to cut your warm-up short because you will be afraid of becoming cold. Instead, the warm-up should be long enough and intense enough for you to break into a sweat. To maintain this warmed up state, you need to minimize the amount of time you are in damp or wet clothing. In these conditions a well prepared athlete will put on dry gloves/mitts, underwear, hat (and perhaps socks) after the warm-up and before the start.
- Your warm-up routine should end about ten minutes prior to your start. Return to your team headquarters for your race skis. Test the wax out briefly before going to the start area. Check that everything is in perfect order. This includes a final equipment check.
- Proceed to the start area. This should take place approximately five minutes before the start.
- Once you are in the holding area you should do some dynamic exercises. You may also wish to jog or ski. It is important for you to keep warm and loose.
- It is important to concentrate on the start of the race. By keeping your focus on the start and the race process, you should be able to control anxiety effectively.
- You should enter the start gate relaxed and sweating lightly; your heart rate should be above its resting values.
- Your warm-up routine is an essential part of your pre-race plan. Evaluate it and improve on it from race to race.

### Post Race

The main objective of the period immediately following the competition is to ensure a good recovery.

- One of your team coaches should be at the finish line to meet you. If you would like him/her to have your recovery drink, snack or something else you need immediately following your race, plan for this ahead of time.
- Change your toque, gloves and other wet clothing as soon as you have completed your event and before you do your warm-down.
- You should begin your warm-down routine as soon as

possible.

- Go for an easy ski (approximately 10 to 20 minutes). For the best recovery, warm down at low zone one (approximate heart rate of 120).
- Note: you should not stretch for at least three hours following the end of your event.
- Within 15 minutes of the race, consume some high carbohydrate sport drink with protein and begin snacking on foods that will quickly replace the depleted fuel and nutrients from your system. The recovery drink should be at room temperature.
- The replacement of fluid is a high priority during the first hour after a competition; snacking should continue over a three to four hour period.
- Snacks should be selected from foods that are high on the glycemic index (the measure of how quickly foods are converted into fuel the body can use is called the “glycemic index”). This would include bagels, oatmeal, etc.

To better prepare for future competitions, you and your coach should analyze your race and determine whether you achieved the goals you had set. It is from this evaluation that you can develop a better strategy for next time.

*Source: NCCP L2T (On-Snow) Reference Material, 2008*

Photo: D. Koerber, Revelstoke Nordic Ski Club



# TECK SKIER DEVELOPMENT PROGRAM

Sport Canada's Long Term Athlete Development Model (LTAD) is a catalyst for change and improvement that can help our sport achieve its goals of fostering both life-long participation and international excellence.

Within the LTAD framework, The Learning to Train (L2T) and Training to Train (T2T) stages of development are identified as the most important stages of athletic preparation. In recognition of this, Cross Country BC will be launching a new athlete development initiative this fall - the Skier Development Program sponsored by Teck, a diversified resource company based in British Columbia.

The Teck Skier Development Program will target skiers 9-14 years of age, and combine developmental camps and races with a focus on regional activity that is both affordable and accessible.

The intent is for our cross-country sport system to provide each developing athlete within the targeted age range the opportunity to attend a dryland regional camp, an on-snow regional camp and a minimum of three regional cup races within their home zone on an annual basis. In addition the new program includes the Teck Midget Championships and Teck BC Cup Series which all athletes are encouraged to attend.

For cross-country skiing the recommended number of races per season are:

- six to eight for girls 8-11 and boys 9-12 years of age, and
- eight to twelve for girls 11-13 and boys 12-14 years of age.

A long-term athlete development plan means a system of skill development, training and competition that is optimized for the abilities of athletes during the various developmental stages. The following factors should be considered when planning:

- Optimal practice/training-to-competition ratios should be the objective for all stages of athlete development.
- At the L2T stage, an insufficient number of competitions (inappropriate training-to-competition ratio) will result in a lack of sport skills to build on in later stages.
- At all stages, the appropriate level of competition is critical to the technical, tactical and mental development of the athlete.
- The length and level of the competitive season should be aligned with the changing needs of the developing

Sources:

NCCP L2T (On-Snow) Reference Material, 2008  
Cross Country Skiing A Sport For Life, 2007



Photo: D. Koerber, Revelstoke Nordic Ski Club

athlete in the LTAD progression.

- Early season races should be at the shorter end of the range. The maximum distance should only be used one or two times towards the end of the season.
- When deciding which races you should enter, the following should be taken into account:
  1. The format (i.e. mass start, relay, team sprint, interval start, pursuit, individual sprint).
  2. The ability and fitness of the skier.
  3. The difficulty of terrain (course profile).
  4. The elevation (altitude) of the race site.
  5. Where the athlete is in his/her age grouping – first year, second year etc.
- At the end of the L2T stage girls can begin to develop their maximal oxygen consumption rate ( $VO_{2max}$ ) through racing, as they are entering a Window of Optimal Trainability (WOT) for this performance factor. Race distances that are optimal for this stage - in order to develop  $VO_{2max}$  - are in the range of 1.5 to 3 kms (5 - 10 minutes).
- Due to the longer period of pre-adolescent growth for boys (as compared to girls), it is not optimal for boys at the L2T stage to be introduced to  $VO_{2max}$  development. Therefore most race distances at this stage should exceed 3 kms, so that the athletes are optimizing the WOT for aerobic capacity that corresponds to the growth phase they are in.

Following are two examples of club programs that offer an LTAD-aligned, age-appropriate approach to competition.

## Skier Development - Whistler Nordics Report

The Midget Championships are a classic testament of what sport is to be about; family, friends, a little competition and a whole lot of whooping and hollering .... and a little cross-country ski racing too!

This year's meet was held at the Telemark venue in Kelowna. The event was well attended with clubs from all over BC as well as a few from just across the border in Washington State.

The weather was a welcome treat with comfortable temperatures, classic dry interior snow, (at least from what we're used to) and even a little sun to start that spring tan.

Although we didn't send our largest Whistler Nordics Team of skiers we certainly sent a strong team with top results in all the categories once again.

Whistler ended up fifth overall which was terrific given our lower than usual turn out. We vow to better that next year, and if the fun that two of our first year racers had was any indication we should have a lot more for next year.

*Brent Murdoch, Whistler Nordic Ski Club*

## Skier Development - Strathcona Invasion

The Strathcona Nordics Team had an excellent weekend in Kelowna at the BC Midget Championships March 3-4.

The 26 skiers ages 9 to 12 made their presence felt at this important provincial tournament, which brings together the best young cross-country skiers in BC.

Early Saturday morning, head wax tech Andrea Stapff worked diligently with her waxing team in very difficult 0 degree, light powder conditions. Their work helped propel the team to some very strong finishes in the 2km classic race - including a silver medal for Tallon Noble. In the afternoon, all of the relay teams performed well in the 4 x 1.5km event, with a bronze medal for the team of Ethan Wong, Connor McGrady, Tallon Noble, and Ross Lamon.

On Sunday our racers put on a very exciting show in the 300m and 400m skate sprints. Tallon brought home a bronze medal, while Ross and Stewart Lamon each placed fifth and fourth in their respective age categories. The eight girls in the 2002 category clearly demonstrated that they will be a force to be reckoned with in the years to come on the provincial race scene. Amelia Wells brought home a gold and Annelies Henckel

*....continued on page 18*





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**Cross Country BC**

### **Supporting B.C.'s young athletes**

Teck is proud to be the title sponsor of Cross Country B.C.'s skier development program. Through our partnership with Cross Country B.C., we are supporting excellence in sport and providing youth with experiences that will help prepare them for the future.

For more information, go to [www.crosscountrybc.ca](http://www.crosscountrybc.ca)

**Teck**



Photo: K. Wylie

# Teck Regional Camp Program

*The Teck Regional Camp Program is an integral part of a progressive provincial athlete development system. It targets athletes 9 to 14 years of age, and provides an affordable, accessible step into Cross Country BC's Provincial Camp Program. Camps help skiers learn ski related technical skills, teamwork, self reliance and good eating habits. They motivate, promote friendships, influence lifestyle choices and provide positive exposure to activities that encourage physical fitness.*

For more information contact the CCBC Office at (250) 545-9600 or [techcoord@crosscountrybc.ca](mailto:techcoord@crosscountrybc.ca).

<p><b>Region: Coast</b></p> <p>May 11-14      Regional Spring Snow Camp Mt. Washington, BC Head Coach: Dave Battison Contact: <a href="mailto:battison.dj@gmail.com">battison.dj@gmail.com</a></p> <p>Sept 7-9        Regional Fall Dryland Camp Mt. Washington, BC Head Coach: Dave Battison Contact: <a href="mailto:battison.dj@gmail.com">battison.dj@gmail.com</a></p> <p>Sept 21-23     Regional Fall Dryland Camp Whistler, BC Head Coach: Jake Weaver Contact: <a href="mailto:biweaver@shaw.ca">biweaver@shaw.ca</a></p> <p>Dec 14-16      Regional Snow Camp Whistler, BC Head Coach: Jessica Aldegheri Contact: <a href="mailto:coach@whistler.ca">coach@whistler.ca</a></p> <p>Dec 27-30      Regional Christmas Camp Mt Washington, BC Head Coach: Dave Battison Contact: <a href="mailto:battison.dj@gmail.com">battison.dj@gmail.com</a></p>	<p><b>Region: Kootenay</b></p> <p>May 11-13      Regional Spring Camp Rossland, BC Head Coach: Dave Wood Contact: <a href="mailto:owenwood@me.com">owenwood@me.com</a></p> <p>Sept 28-30     Regional Fall Dryland Camp Kimberley, BC Head Coach: Frank Ackermann Contact: <a href="mailto:frankackermann@me.com">frankackermann@me.com</a></p> <p>Nov 24-25      Regional Snow Camp Rossland, BC Head Coach: Dave Wood Contact: <a href="mailto:owenwood@me.com">owenwood@me.com</a></p>
<p><b>Region: Northern BC</b></p> <p>Sept 21-23     Regional Fall Dryland Camp Burns Lake, BC Head Coach: Chris Werrell Contact: <a href="mailto:coach@bvnordic.ca">coach@bvnordic.ca</a></p> <p>Nov 30-Dec 2   Regional Snow Camp Smithers, BC Head Coach: Chris Werrell Contact: <a href="mailto:coach@bvnordic.ca">coach@bvnordic.ca</a></p>	<p><b>Region: Okanagan</b></p> <p>Sept 21-23     Regional Fall Dryland Camp Kelowna, BC Head Coach: Adam Elliot Contact: <a href="mailto:coachadam@telemarkracers.org">coachadam@telemarkracers.org</a></p> <p>Nov 16-18      Regional Snow Camp Vernon, BC Head Coach: Adam Elliot Contact: <a href="mailto:coachadam@telemarkracers.org">coachadam@telemarkracers.org</a></p>





Photo: D. Koerber, Revelstoke Nordic Ski Club

# Teck Regional Cup Series

The Teck Regional Cup Series offers affordable, accessible competitive opportunities for developing athletes. All Regional Cup races offer age-appropriate categories for children 14 years of age and younger, and most offer the full spectrum of categories for skiers of all ages.

For more information contact the race organizers listed below, or the CCBC Office at (250) 545-9600; [programs@crosscountrybc.ca](mailto:programs@crosscountrybc.ca).

## Coast Cup Series

- Dec 2            Coast Cup # 1  
Callaghan Valley, BC  
Dirk Rohde (604) 942-6410  
[info@hollyburnxc.ca](mailto:info@hollyburnxc.ca)
  
- Jan 19            Coast Cup #2  
Whistler, BC  
Suki Cheyne (604) 938-6441  
[admin@whistlernordics.com](mailto:admin@whistlernordics.com)
  
- Mar 9-10        Coast Cup Finale - #3 & 4  
Mt Washington, BC  
Alison Stocks (250) 890-0504  
[info@strathconanordics.com](mailto:info@strathconanordics.com)

## Northern Cup Series

- Dec 29 & 30    Northern Cup #1 & 2  
Smithers, BC  
Steve Osborn (250) 877-8595  
[race@bvnordic.ca](mailto:race@bvnordic.ca)
  
- Feb 17            Northern Cup #3  
Burns Lake, BC  
Terri Dickson (250) 692-6684  
[tdickson7@gmail.com](mailto:tdickson7@gmail.com)
  
- Mar 2            Northern Cup Finale - #4  
Prince George, BC  
Jim Burbee (250) 564-1518  
[competitions@caledonianordic.com](mailto:competitions@caledonianordic.com)

## Kootenay Cup Series

- Nov 24-25      Kootenay Cup #1 & 2  
Golden, BC  
Troy Hudson (250) 344-7489  
[goldenights@uniserve.com](mailto:goldenights@uniserve.com)
  
- Dec 15-16      Kootenay Cup #3 & 4  
Rossland, BC  
Rob Spiller (250) 362-2207  
[robspiller@telus.net](mailto:robspiller@telus.net)
  
- Jan 27            Kootenay Cup #5  
Nelson, BC  
Louise Poole (250) 825-9202  
[klpoole@shaw.ca](mailto:klpoole@shaw.ca)
  
- Feb 16-17      Kootenay Cup Finale - #6 & 7  
Kimberley, BC  
Bill Green (250) 427-5554  
[wgreen6@gmail.com](mailto:wgreen6@gmail.com)

## Okanagan Cup Series

- Dec 30            Okanagan Cup #1  
Salmon Arm, BC  
John Thielman (250) 832-3409  
[info@johnsskishack.com](mailto:info@johnsskishack.com)
  
- Feb 16            Okanagan Cup #2  
Kamloops, BC  
Natalie Manhard (250) 573-6024  
[nmanhard@shaw.ca](mailto:nmanhard@shaw.ca)
  
- Mar 10            Okanagan Cup Finale - #3  
Vernon, BC  
Bruce Sandilands  
[sandilands@shaw.ca](mailto:sandilands@shaw.ca)

# The P'AYAK



Photo: J. Rohde/joernrohde.com



Photo: J. Rohde/joernrohde.com

## A Loppet Experience!

Sigge's P'ayakentsut (The P'ayak) is held annually at Whistler Olympic Park, site of the cross-country events during the 2010 Olympic and Paralympic Winter Games. The P'ayak will be one of nineteen cross-country ski marathons held in British Columbia this coming winter. For more information on this event, visit: [www.payak.ca](http://www.payak.ca). For more information on the other ski marathons scheduled this season refer to pages 34 - 37 of this publication.

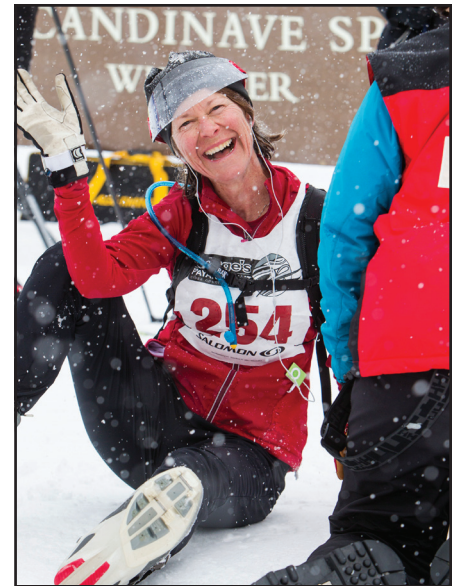


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Photo: J. Brown

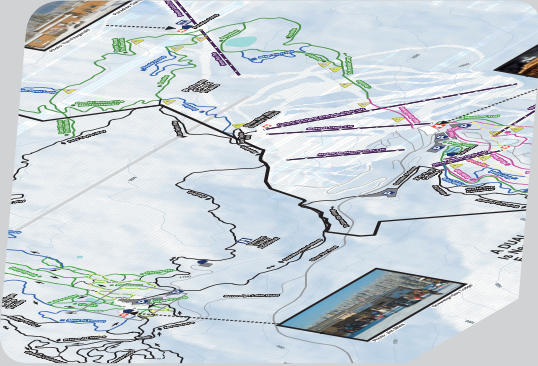
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....continued from page 11

took the silver, with Emmy Stapff taking fifth in the very competitive 2002 girls 300m sprint final. Alexandra Apedaile received a technique award for her beautiful skating skills. Coaches Tim McGrady and Berend Henckel promised they would go blond if anyone brought home a gold, so thanks to Amelia, watch out for two blond coaches at Raven Lodge this weekend.

Finally, the team placed third out of 18 in the club aggregate standings, which is outstanding for a relatively small, island club.

The coaches are extremely proud of all the racers and are thankful to the parents for making the trek to Kelowna and supporting the team and coaches at the race - and they are thankful to Dr. Andreas Conradi for helping to make the race suit program a reality. Coach Tim McGrady said, "It was so great to see the red and black of the Strathcona Nordics so prominent on the race course all weekend!"

Congratulations to all the athletes, their families and coaches!! Well done!

*Tim McGrady, Strathcona Nordic Ski Club*

## Nordic Ski

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Photos on page 19: J. Brown





Caledonia Loppet

Photos: C. Alder, Caledonia Nordic Ski Club

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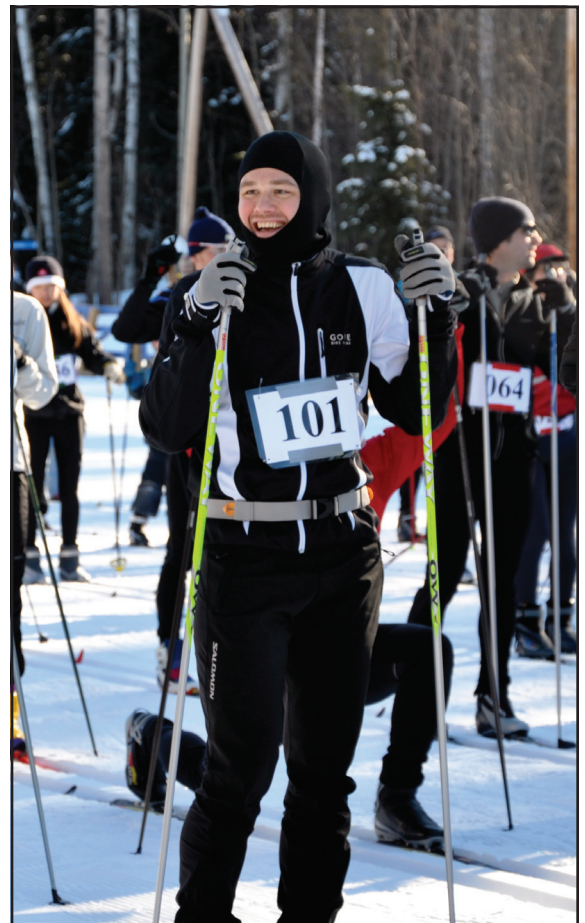
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CAMP #2 Nov. 23 - 25 (2.5 Day)

CAMP #3 Nov. 26 - 30 (5 Day)

CAMP #4 Nov. 30 - Dec. 2 (2.5 Day)

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# Club Excellence



## DOES YOUR CLUB:

- Want to attract more participants?
- Want to attract corporate partners or new funders?
- Or are you a volunteer with a club or association as a board member, coach or as an employee?
- Spend a lot of time “putting out fires”?
- Need more volunteers?

If you answered **YES** to any of these questions, the Club Excellence program and services could help your club achieve its goals!

Club Excellence is a program built to support any sport, is third party operated, and uses fair and transparent methods to deliver a **national certification program**. The certification program recognizes clubs and associations that invest in building capacity to meet and exceed a basic set of operating principles. These principles are based on a framework of six areas that contribute to increased credibility, quality programs and a competitive advantage.

The six core areas of Club Excellence are **program delivery, coaching, people management, governance, financial accountability, and marketing, recruitment and revenue generation**. Great sport organizations are those that develop strategies on the field and off. Club Excellence can help. Best of all, your club or association will be recognized for the investment made in establishing policies and processes to meet your day-to-day challenges.

A club quality assurance program recognizes and rewards clubs that demonstrate that their programs are LTAD-aligned.

Cross Country Canada & Cross Country BC encourage their member clubs to become certified.

Not interested in certification or unsure if it is right for your club or association? Club Excellence also provides a range of services to help community sport build capacity.

These services can be delivered in a multi-sport or single sport environment, but most of all they are “informative, helpful and resourceful” as described by past participants. All support services are delivered through the framework of the six core areas. Support services include:

- Club Excellence Workshop (full day and half day)
- Club Excellence Seminars
- Club Excellence Webinars
- Club Excellence Consulting

For more information on Club Excellence and a calendar of events in your area, please visit [www.clubexcellence.com](http://www.clubexcellence.com)



# ATHLETES AT THE TOP

## *The International Scene*

The Callaghan Valley Training Centre (CVTC) located in Whistler, BC is a National Development Centre and as such is part of the Cross Country Canada national training centre system. The CVTC had a successful 2011-12 season with best ever results at both the National and World Junior Championships.

### ***National Development Centre - Callaghan Valley Team, 2012-13***

- Colin Ferrie - BC (*Kimberley Nordic Ski Club*)
- Fred Weaver - BC (*Hollyburn Cross Country Ski Club*)
- Geoffrey Richards - BC (*Black Jack Cross Country Ski Club*)
- Martin Schrama - Alberta (*Banff Ski Runners*)
- Paul Dupuis - Alberta (*Canmore Nordic Ski Club*)
- Sebastien Townsend - Ontario (*Nakkertok Cross Country Ski Club*)
- Sebastian Danderand - BC (*Whistler Nordic Ski Club*)
- Stefan Sander-Green - BC (*Kimberley Nordic Ski Club*)
- Yannick Lapierre - Quebec (*Les Fondeurs - Laurentides*)

### ***BC Athletes attending other National Development Centres in 2012-13***

- NDC Thunder Bay - Andrea Lee (*Strathcona Nordic Ski Club*)
- Alberta World Cup Academy - Alysson Marshall (*Larch Hills Ski Society*)
- Alberta World Cup Academy - Rebecca Reid (*Black Jack CC Ski Club*)
- Alberta World Cup Academy - Matthew Wylie (*Sovereign Lake Nordic Club*)
- Alberta World Cup Academy - Brittany Evans (*Revelstoke Nordic Ski Club*)

Photos on pages 22-23: NordicFocus



### **BC SKI TEAM 2012-13**

- |                     |                   |
|---------------------|-------------------|
| Alysson Marshall    | Larch Hills       |
| Alex Myshak-Davis   | Telemark          |
| Andrea Lee          | Strathcona Nordic |
| Brittany Evans      | Revelstoke Nordic |
| Collin Ferrie       | Kimberley Nordic  |
| David Palmer        | Black Jack        |
| Fred Weaver         | Hollyburn         |
| Geoffrey Richards   | Black Jack        |
| Heather Mehain      | Sovereign Lake    |
| Jeffrey Kerkovius   | Telemark          |
| Julien Locke        | Black Jack        |
| Kirsten Bock        | 100 Mile Nordics  |
| Kyle Flatman        | Larch Hills       |
| Matthew Wylie       | Sovereign Lake    |
| Megan Evans         | Revelstoke Nordic |
| Peter Locke         | Black Jack        |
| Rebecca Reid        | Black Jack        |
| Sam Morris          | Hollyburn         |
| Stefan Sander-Green | Kimberley Nordic  |
| Thomas Hardy        | Larch Hill        |
| Zayne Heyes         | Hollyburn         |

Geoffrey Richards, CVTC  
World Junior Championships, TUR







**CVTC Team, Haig Glacier**

**Photo: J. Locke, Black Jack Cross Country Ski Club**

# COACHING PROGRAM



Photo: J. Rohde/joernrohde.com



Photo: D. Koerber, Revelstoke Nordic Ski Club

# COACHING PROGRAM

## MANDATORY QUALIFICATION

### Standards for Cross-Country Skiing

*Did you know that coaches are required to have minimum training in order to supervise, instruct or coach ski activities for children under the age of 16 years? If an individual is teaching someone to ski, they must have this training. If an individual is just helping the group (serving hot chocolate, following behind the last skier in the group as they ski around a trail, helping to put on gloves and skis), they do not require minimum training.*

### NCCP Intro to Community Coaching Workshop

The “ICC” Workshop is designed to provide parents and other beginner coaches with basic information and a feeling of confidence as they begin their role as a coach. It teaches coaches how to deliver a series of age-appropriate skill development sessions under the supervision of more experienced coaches. The orientation is to skiers of all age groups with an emphasis on working with children under six years of age (“Active Start” stage of athlete development). Coaches are taught basic coaching skills, how to teach the fundamentals of technique, growth and development considerations, how to create a motivating learning environment, and how to set up a ski playground. It is entry level, and there are no prerequisites except enthusiasm and the minimum age requirement of 14 years.

10 hours. *The workshop fee is \$65.00.*

### NCCP Community Coaching Workshop

The “CC” Workshop is the second step in the NCCP coach education program. It provides essential training for coaches delivering effective skill development programs for children six to nine years of age (the “FUNdamentals” stage of skier development). This program is designed to train coaches to teach children technical skills, select games that reinforce the technical skill being taught, design and lead on-snow sessions, select and prepare equipment for young children, and make learning FUN. This workshop includes on-snow sessions. Successful completion of the ICC Workshop, enthusiasm and a minimum age of 14 years are the only prerequisites.

16 hours. *The workshop fee is \$85.00.*

### NCCP CCI (L2T) Workshops

The CCI program develops skills and provides tools that a coach can use to (1) create a fun, team oriented environment that will motivate children to achieve their personal goals in sport and develop a lifelong interest in the fitness and health benefits of cross-country skiing, and

(2) deliver a well-rounded sport program with an emphasis on skill development to children nine to 12 years of age (the “Learning to Train” stage of development).

The **L2T (Dryland) Workshop** is the third step in the NCCP progression. Coaches are taught about developmental age, physical literacy, team building, athletic components (aerobic fitness, speed, etc.), nutrition, how to design their own sport program, adventure-based activities (year-round), roller-skiing and planning a practice.

Prerequisite: Community Coach ‘certified’.

The **L2T (On-Snow) Workshop** is the second half of the L2T program and the fourth step in the NCCP progression. This workshop is designed to train coaches on team management, supporting athletes at a competition, teaching and learning, equipment selection, ski preparation and how to effectively teach ski technique.

Prerequisite: L2T (Dryland) Workshop.

16 hours / workshop. *The workshop fee is \$95.00.*

### NCCP CCI Advanced (T2T) Workshops

The CCI Advanced program provides tools and develops skills that a coach can use to (1) teach athletes how to build an aerobic base, speed and strength and further develop and consolidate sport specific skills as appropriate for their developmental age, and (2) design and deliver an annual sport program that takes into consideration optimal trainability and the maturity/readiness (physical, mental, cognitive and emotional maturity) of individual athletes 12 to 16 years of age (the “Training to Train” stage of development).

The **T2T (Dryland) Workshop** is the fifth step in the NCCP progression. Coaches are taught about growth and maturation, energy systems, training intensities, monitoring and recovery, strength, speed, flexibility, roller-skiing and other dryland ski simulation techniques, exercise performance and health, etc.

Prerequisite: CCI certified.

The **T2T (On-Snow) Workshop** is the second half of the CCI Advanced program and the sixth step in the NCCP progression. It is designed to train coaches to develop an effective competition plan for a team, prepare for a competition, support athletes at a competition, teach basic mental skills, refine all ski techniques, test and prepare skis, and make ethical decisions.

Prerequisites: T2T (Dryland) Workshop.

16 hours / workshop. *The workshop fee is \$110.00*

# COACHING PROGRAM

## Minimum Mandatory Coaching Qualifications as of June 30, 2012

Coaches must be active NCCP Community Coaches “in training” in order to supervise, instruct or coach ski activities for children six years of age and younger, or assist with the supervising, instructing or coaching of ski activities for children six to nine years of age; and

Coaches must be active, trained NCCP Community Coaches in order to supervise, instruct or coach ski activities for children six to nine years of age, or assist with the supervising, instructing or coaching of ski activities for children nine to sixteen years of age; and

Coaches must be active, trained NCCP CCI-L2T coaches in order to supervise, instruct or coach ski activities for children nine to sixteen years of age.

## Two Certification Levels for CCI Context

The Competition Coaching: Introduction (CCI) context in the NCCP progression will be divided into two certification levels/contexts, rather than one, going forward. The two certification levels are:

- **CCI Context:** L2T (Dryland workshop, L2T (On-Snow) workshop and related events; and
- **CCI Advanced Context:** T2T (Dryland) workshop, T2T (On-Snow) workshop and related events.

Certification at the CCI (L2T) level will now be a prerequisite for entry into the CCI Advanced (T2T) context.

For more information visit the updated Coaching Development section on the Cross Country Canada website at: <http://www.cccski.com/Programs/Coaching-Development/National-Coaching-Certification-Program.aspx>.

## Team Work!

Two Hollyburn Cross Country Ski Club athletes, Fred Weaver and Lucas Putnam-Rea, have been team-mates for many years.

Their ski-journey has led them from the podium at the 2004 BC Championships (top photo), to the 2012 BC Championships (middle photo), and finally to a gold medal in the Team Sprint at the 2012 National Championships (bottom photo).



Photo (top): J. Weaver, Hollyburn Cross Country Ski Club  
Photo (middle): S. Dawson, Hollyburn Cross Country Ski Club  
Photo (bottom): B. Putnam, Hollyburn Cross Country Ski Club

# COACHING PROGRAM

## NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)

### INTRODUCTION TO COMMUNITY COACHING WORKSHOPS

May 4-5	Courtenay	Alison Stocks	250-890-0504
May 11-12	100 Mile House	Barb Matfin	250-395-2099
June 23-24	Vancouver	Russell Stothers	604-986-9575
Oct 12-13	Kitimat	Liz Thorne	250-632-6055
Oct 19-20	Sun Peaks	Phil Youwe	250-578-7734
Oct 19-20	Castlegar	Anne Quarterman	250-362-5956
Oct 26-27	Prince George	Peder Nettet	604-964-1021
Oct 26-27	Kimberley	Frank Ackermann	250-427-4278
Nov 2-3	Vancouver	Russell Stothers	604-986-9575
Nov 2-3	West Kelowna	Deren Sentesy	250-979-0338
Nov 9-10	Penticton	Audrey Perry	250-497-6003
Nov 16-17	Pemberton	Delores Franz Los	604-894-6182
Nov 16-17	Smithers	Jane Wood	250-847-1938
Nov 16-17	Quesnel	Sunshine Borsato	250-747-0777
Nov 16-17	Courtenay	Doug Herchmer	250-248-2233
Jan 4-5	Prince George	Peder Nettet	604-964-1021

### COMMUNITY COACHING WORKSHOPS

Nov 23-25	Sun Peaks	Phil Youwe	250-578-7734
Nov 23-25	Castlegar	Anne Quarterman	250-362-5956
Nov 23-25	Prince George	Peder Nettet	604-964-1021
Nov 23-25	Vancouver	Russell Stothers	604-986-9575
Nov 30-Dec 2	Penticton	Audrey Perry	250-497-6003
Nov 30-Dec 2	Prince George	Peder Nettet	604-964-1021
Nov 30-Dec 2	Vancouver	Russell Stothers	604-986-9575
Nov 30-Dec 2	Kimberley	Frank Ackermann	250-427-4278
Nov 30-Dec 2	Salmon Arm	Suzy Beckner	250-832-0089
Nov 30-Dec 2	Smithers	Jane Wood	250-847-1938
Dec 7-9	West Kelowna	Deren Sentesy	250-979-0338
Dec 7-9	Whistler	Suki Cheyne	604-938-6441
Jan 7-9	Courtenay	Doug Herchmer	250-248-2233
Jan 11-13	Quesnel	Sunshine Borsato	250-747-0777

### CCI LEARNING TO TRAIN (DRYLAND) WORKSHOPS

Apr 27-29	Fernie	Verna Wagner	250-545-9600
Sept 28-30	Prince George	Verna Wagner	250-545-9600
Sept 28-30	Smithers	Verna Wagner	250-545-9600
Oct 12-14	Vancouver	Verna Wagner	250-545-9600
Oct 19-21	West Kelowna	Verna Wagner	250-545-9600
Nov 2-4	Courtenay	Verna Wagner	250-545-9600

### CCI LEARNING TO TRAIN (ON-SNOW) WORKSHOPS

Nov 23-25	Whistler	Verna Wagner	250-545-9600
Nov 30-Dec 2	Prince George	Verna Wagner	250-545-9600
Nov 30-Dec 2	Vancouver	Verna Wagner	250-545-9600
Jan 4-6	Courtenay	Verna Wagner	250-545-9600

### CCI TRAINING TO TRAIN (DRYLAND) WORKSHOP

Apr 27-29	Courtenay	Verna Wagner	250-545-9600
June 1-3	Kimberley	Verna Wagner	250-545-9600
June 15-17	Vancouver	Verna Wagner	250-545-9600

### CCI TRAINING TO TRAIN (ON-SNOW) WORKSHOP

May 4-6	Courtenay	Verna Wagner	250-545-9600
Nov 9-11	Vernon	Verna Wagner	250-545-9600

### NCCP CDAG MODULE - SKI PREPARATION

Nov 23-25	Vernon	Verna Wagner	250-545-9600
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## Cross Country BC Contact List

### Board of Directors

#### Chairperson & Officials Chair:

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(250) 362-9595  
markrichards58@gmail.com

#### Vice Chair:

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bwruntwo@telus.net

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(250) 398-5809  
gcdavidson@shaw.ca

#### Northern Zone Chair:

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venturefc@telus.net

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(250) 337-5290  
apedaile@uniserve.com

#### Kootenay Zone Chair:

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#### Coaching Development Chair:

Georgia Manhard  
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gmanhard@telus.net

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#### Office Coordinator:

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office@crosscountrybc.ca

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programs@crosscountrybc.ca

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(250) 545-9600  
techcoord@crosscountrybc.ca

#### CVTC Head Coach:

Chris Manhard  
(604) 698-6512  
skixcountry@gmail.com

#### CVTC Assistant Coach:

Graham Maclean  
(403) 688-1918  
gmaclean@cccski.com

#### CVTC Assistant Coach:

Maria Lundgren  
lundgren\_maria@hotmail.com

# CCBC MEMBER CLUB DIRECTORY

## *Who to Contact & Where to Ski in British Columbia*

### **Arrow Lakes CC Ski Club**

**Contact:** Kathy Smith  
420 Nakusp East Road, Nakusp, BC  
V0G 1R0 (250) 265-4950  
ksmith@columbiacable.net

#### **Club Facilities:**

*Wensley Creek CC Ski Trails*  
7.4 km groomed trails, 1.5 km K-9 trails; terrain suitable for recreational skiing; warming hut on trail system  
Grooming: snowmobiles  
Trail use fee, visitors welcome

### **Bear Mountain Nordic Ski Club**

**Contact:** Robert Jones  
Box 21033, Dawson Creek, BC  
V1G 4X8 (250) 782-4929  
dcroadkill@shaw.ca

**Programs:** Parents & Tots; SDP; Adult Skill Lessons

#### **Club Facilities:**

*Bear Mtn Nordic Ski Trails*  
23 km groomed trails; varied terrain  
Grooming: Bombardier Snowcat  
Cabin at trail head; 3 heated trail shelters/cabin; trails suitable for skiers with a disability  
Trail use fee, visitors welcome

### **Black Jack Cross Country Ski Club**

**Contact:** Alex Loeb  
Box 1754, Rossland, BC V0G 1Y0  
info@skiblackjack.ca  
www.skiblackjack.ca  
Snow Phone: (250) 364-5445

**Programs:** Ski S'Kool; SDP; Jr Racing Program; Adult Skill Lessons

#### **Club Facilities:**

*Black Jack Recreation Area*  
40 km groomed trails; Varied terrain; 1.2 km lit trails, ski playground  
Grooming: LMC 370; Bombi BR 400  
Daylodge (400 sf); 2 warming cabins on trail system  
Trail use fee, visitors welcome

### **Bulkley Valley CC Ski Club**

**Contact:** Jill O'Neill  
Box 4412, Smithers, BC V0J 2N0  
(250) 847-5781; chair@bvnordic.ca  
www.bvnordic.ca

**Programs:** Ski S'Kool; SDP; Jr & Sr Racing Programs; Adult Skill Lessons

#### **Club Facilities:**

*Bulkley Valley Nordic Centre*  
45 km groomed trails; varied terrain  
5.5 km lit trails; K-9 trails; ski playground  
Grooming: PB240; 3 Alpine Twin Tracks  
Daylodge (3200 sf); waxing facilities; 2 backcountry cabins  
Trail use fee, visitors welcome

### **Caledonia Nordic Ski Club**

**Contact:** Kevin Pettersen  
Box 1243 Prince George, BC V2L 4V3  
office@caledonianordic.com  
Snow Phone: (250) 649-1144  
www.caledonianordic.com

**Programs:** Parents & Tots; Ski S'Kool; SDP; Jr Racing Program; Adult Skill Lessons

**Club Facilities:** *Otway Ski Area*  
50 km groomed trails; 5 km lit trails; ski playground, K-9 trails, varied terrain  
Grooming: PB 70 and PB 170  
Daylodge (4500 sf); rental shop; heated washrooms; wax facilities  
Trail use fee, visitors welcome

### **Cariboo Ski Touring Club**

**Contact:** Brian Black  
Box 4611, Quesnel, BC V2J 3J8  
(250) 747-1026; evib@goldcity.net  
www.caribooski.ca

**Programs:** Ski S'Kool; SDP; Adult Skill Lessons

**Club Facilities:** *Hallis Lake Trails & 10 Mile Lake Provincial Park*  
35 km groomed trails; 20 km backcountry trails; 2.5 km lit trails; 7 km K-9 trails; varied terrain.  
Daylodge (1500 sf); 3 backcountry cabins  
Grooming: PB 100, 3 Alpine Twin Track  
Trail use fee, visitors welcome

### **Castlegar Nordic Ski Club**

**Contact:** Winston Fayant  
Box 3213, Castlegar, BC  
V1N 3H8 (250) 365-3527  
castlegarnordicski@gmail.com  
www.castlegarnordic.ca

**Programs:** SDP

#### **Club Facilities:**

*Paulson Cross Country Ski Trails*  
45 km groomed trails, 5 km ungroomed trails; terrain suitable for recreational skiing; ski playground  
Cabin at trail head; 3 shelters on trail system  
Grooming: 2 Ginzu groomers; 4 snowmobiles  
Trail use fee, visitors welcome

### **China Ridge Trails Society**

**Contact:** Bob Coyne  
Box 555, Princeton, BC V0X 1W0  
(250) 295-3625; bobcoyne@hotmail.com; www.chinaridgetrails.com

**Programs:** Parents & Tots; Adult Skill Lessons

**Club Facilities:** *China Ridge Cross Country Ski Area*  
55 km groomed trails; 15 km ungroomed trails; 15 km K-9 trails; terrain suitable for recreational skiing; 2 warming cabins, 4 shelters on trail system.  
Grooming: snowmobiles  
No trail use fee, donations  
Visitors welcome

### **Clinton Snow Jockey Club**

**Contact:** Jennifer Jakubovski  
Box 808, Clinton, BC V0K 1K0  
(250) 459-2649; jl6955@gmail.com

**Club Facilities:** *Big Bar Ski Trails*  
20 km groomed trails; 30 km ungroomed trails; terrain suitable for recreational skiing  
Grooming: 2 twin track snowmobiles  
7 open shelters on the trail system  
No trail use fee, visitors welcome

### **Elkford Nordic Ski Club**

**Contact:** Kim Muller  
Box 602, Elkford, BC V0B 1H0  
(250) 865-2467  
mullerkim@shaw.ca

#### **Club Facilities:**

*Boivin Creek Ski Trail*  
10 km groomed trails; 2 trail shelters  
Terrain suitable for recreational skiing  
Grooming: Ginzu Groomer; snowmobile  
No trail use fee, visitors welcome

### **Fernie Nordic Society**

**Contact:** Megan Lohmann

Box 843, Fernie, BC V0B 1M0  
(250) 531-0690; info@fermienordic.com; www.fermienordic.com  
**Club Facilities:** *Fernie Golf Course*  
**Programs:** SDP; Adult Skill Lessons  
30 km groomed trails  
Grooming: Ginzu Groomer; snowmobile

### **Fort Nelson CC Ski Club**

**Contact:** Mel Easy  
Box 1888, Fort Nelson, BC V0C 1R0  
(250) 774-7028; mel.easy@gmail.com

**Club Facilities:** *Fort Nelson Community Forest & Golf Course*  
20 km groomed trails, 15 km ungroomed trails; 0.5 km lit trails  
K-9 trails; terrain suitable for recreational skiing  
Grooming: 2 Alpine Twin Track Shelter at trail head

### **Golden Nordic Ski Club**

**Contact:** Jeff Dolinsky  
Box 719, Golden, BC V0A 1H0  
(250) 348-2578  
info@goldennordicclub.ca  
www.goldennordicclub.ca

**Programs:** SDP; Jr Racing Program; Adult Skill Lessons  
**Club Facilities:** *Dawn Mountain Nordic Trails & Golf Course Nordic Trails*  
30 km groomed trails; varied terrain; ski playground  
Grooming: Bombi 400; snowmobiles  
Daylodge (2000 sf); trail cabin; day use cabin (400 sf)  
Trail use fee, visitors welcome

### **Highland Valley Outdoor Assoc.**

**Contact:** William French  
Box 415, Logan Lake, BC  
V0K 1W0 (250) 523-2366  
btfrench@telus.net  
Snow Phone: 1-800-331-6495

#### **Club Facilities:**

*Logan Lake Ski Trails*  
36 km groomed trails; varied terrain; 2 km lit trails; heated cabin  
Grooming: Bombardier SV 250  
Trail use fee, visitors welcome

# CCBC MEMBER CLUB DIRECTORY

## Hills Nordic Ski Club

**Contact:** Kip Drobish  
113 Reibin Road, New Denver,  
BC V0G 1S1 (250) 358-2660  
hillsnordic@gmail.com  
**Programs:** SDP  
**Club Facilities:** *Hills Nordic Ski Area*  
8 km groomed trails; K-9 trail;  
ski playground  
Grooming: snowmobile

## Hollyburn Jackrabbit Ski Club

**Contact:** Dirk Rohde  
Box 16101 Lynn Valley  
North Vancouver, BC V7J 3S9  
(604) 942-6410; www.hollyburnxc.ca  
info@hollyburnxc.ca  
**Programs:** SDP; Jr Racing  
Programs

## Kaslo Nordic Ski Club

**Contact:** Denis Tibber  
Kaslo, BC  
kaslonordicclub@gmail.com

## Kimberley Nordic Ski Club

**Contact:** Derm Kennedy  
Box 464, Kimberley, BC  
V1A 3B9 (250) 427-1721  
kimberleynordic@gmail.com  
www.kimberleynordic.org  
**Programs:** Ski S'Kool; SDP; Jr  
Racing Program; Adult Skill Lessons  
**Club Facilities:**  
*Kimberley Nordic Centre*  
33 km groomed trails; varied terrain;  
ski playground; 3.3 km lit trails  
Daylodge (1200 sf); warming cabin  
Grooming: Bombardier Snowcat  
Trail use fee, visitors welcome

## Larch Hills Nordic Society

**Contact:** Peter Molnar  
Box 218, Salmon Arm, BC  
V1E 4N3 (250) 833-0325  
info@skilarchhills.ca  
www.skilarchhills.ca  
**Programs:** SDP; Jr Racing  
Program; Adult Skill Lessons  
**Club Facilities:** *Larch Hills Ski Area*  
40 km groomed trails; 75 km  
ungroomed; K-9 trails; varied  
terrain; daylodge (800 sq. ft.); 1  
backcountry cabin; 2 shelters on  
trail system  
Grooming: PB 200

No trail use fee, donations  
Visitors welcome

## Mackenzie Nordique Ski Club

**Contact:** Joan Atkinson  
Box 747, Mackenzie, BC V0J 2C0  
(250) 997-3190  
atkinsonjm@uniserve.com  
**Programs:** SDP; Adult Skill Lessons  
**Club Facilities:** *Mackenzie Cross  
Country Ski Trails*  
35 km groomed trails, 2.5 km lit  
trails; varied terrain; K-9 trails; ski  
playground. Grooming: BR 160  
3 warming huts on the trail system  
No trail use fee, donations  
Visitors welcome

## McKinney Nordic Ski Club

**Contact:** Claudette Chabot  
RR1, S70, C26, Oliver, BC, V0H 1T0  
(250) 498-8461; crchabot@persona.ca  
www.mckinneynordicskiclub.com  
**Programs:** Ski S'Kool  
**Club Facilities:** *McKinney Trails*  
15 km groomed trails; varied terrain  
Grooming: Bombardier 301 Snowcat  
Three shelters

## Morice Mtn. Nordic Ski Club

**Contact:** Jaret van der Giessen  
Box 1573, Houston, BC V0J 1Z0  
(250) 845-2565  
willowtree@bulkley.net  
www.xcskimoricemtn.com  
**Programs:** SDP, Adult Skill Lessons  
**Club Facilities:**  
*Morice Mtn Cross Country Ski Trails*  
20 km groomed trails; 7.5  
ungroomed; 2 km lit trails; K-9 trails;  
ski playground; varied terrain  
Grooming: Bombardier 400  
Daylodge (900 sf); 1 backcountry  
cabin  
Trail use fee, visitors welcome

## Nechako Nordics

**Contact:** Gerd Erasmus  
Box 1498, Vanderhoof, BC  
V0J 3A0 (250) 567-4059  
gerderasmus@gmail.com  
**Programs:** SDP; Jr Racing  
Program; Adult Skill Lessons  
**Club Facilities:** *Nechako Valley  
Sporting Association Trails*  
6 km groomed trails; varied  
terrain; 1.5 km lit trails

Grooming: Alpine Twin Track  
Daylodge (2400 sf)

## Nelson Nordic Ski Club

**Contact:** Nancy Quackenbush  
Box 486, Nelson, BC V1L 5R3  
Snow phone: (250) 354-4292  
nnscc@nelsonnordicski.ca  
www.nelsonnordicski.ca  
**Programs:** Ski S'Kool; SDP  
**Club Facilities:** *Apex-Busk Ski  
Trails*  
28 km groomed trails; 1.3 km lit  
trails; varied terrain, ski playground  
Grooming: Prinoth Husky  
Daylodge at trail head, warming  
hut on trail system  
Trail use fee, visitors welcome

## Nickel Plate CC Ski Club

**Contact:** Esther Skrypiczajko  
777-650 Duncan Ave. W.  
Penticton, BC V2A 7N1  
Snow phone: 292-8110  
info@nickelplate.org  
www.nickelplatenordic.org  
**Programs:** Ski S'Kool, SDP, Jr  
Racing Program, Adult Skill lessons  
**Club Facilities:** *Nickel Plate Ski  
Area*  
65 km groomed trails; 20 km  
ungroomed trails, ski playground;  
3 km K-9 Trails; varied terrain  
Daylodge (4000 sf); heated  
washrooms; shower facilities  
Grooming PB 100  
Trail use fee, visitors welcome

## Nordic Racers Ski Club

**Contact:** Sherryl Yeager  
#119 2416 Main Street,  
Vancouver, BC V5T 3E2  
(604) 219-3332  
president@nordicracers.ca  
www.nordicracers.bc.ca  
**Programs:** Jr & Sr Racing  
Program; Adult Skill Lessons;  
Adaptive Program

## Nordic Wrecks

**Contact:** Jeff Roger  
4369 Briarwood Cres.  
Burnaby, BC V5G 2M5  
(604) 431-7550  
nordicwrecks@shaw.ca  
www.nordicwrecks.org

## North Thompson Rec. Society

**Contact:** Carman Smith  
Box 647, Barriere, BC  
V0E 1E0 (250) 672-9403  
carman\_smith@telus.net  
**Programs:** Ski S'Kool: Adult Skill  
Lessons  
**Club Facilities:** *Barrier Forks Ski  
Trails*  
5 km groomed trails; warming hut;  
ski playground  
No trail use fee; donations  
Visitors welcome

## Omineca Ski Club

**Contact:** Mark West  
Box 1008, Burns Lake, BC V0J 1E0  
(250) 692-7351; westeele@gmail.com  
www.ominescaskiclub.com  
**Programs:** SDP; Jr Racing  
Program; Adult Skill Lessons  
**Club Facilities:** *Omineca Ski Trails*  
23 km groomed trails; varied  
terrain; 2.2 km lit trails  
Grooming: BR 275; PB 70  
Daylodge (3000 sq ft); heated  
wax facilities; heated washrooms;  
showers  
Trail use fee, visitors welcome

## 100 Mile Nordic Ski Society

**Contact:** Nicola Maughn  
Box 1888, 100 Mile House BC V0K 2E1  
250-791-6331; nemaughn@mail.com  
www.100milenordics.com  
**Programs:** SDP; Jr Racing  
Program, Adult Skill Lessons  
**Club Facilities:** *99 Mile Ski Trails*  
50 km groomed trails; varied terrain;  
ski playground; 4 km lit trails  
Grooming: PB 200; Alpine Twin Track  
Daylodge (3000 sf); wax facilities;  
heated washrooms  
2 warming cabins on trail system  
Trail use fee, visitors welcome

## Overlander Ski Club

**Contact:** Alan Vyse  
2646 Valleyview Drive, Kamloops, BC  
V2C 4E5 (250) 372-8607  
info@overlanderskiclub.com  
Snow Phone: 372-5514  
www.overlanderskiclub.com  
**Programs:** Parents & Tots; Ski  
S'Kool; SDP; Jr Racing Program;  
Adult Skill Lessons; Masters

# CCBC MEMBER CLUB DIRECTORY

**Club Facilities:** *Stake Lake Cross Country Ski Trails*

55 km groomed trails; 3 km lit trails; 5 km K-9 trails; varied terrain; ski playground  
Grooming: BR 400  
Daylodge (2400 sf); 6 trail shelters  
Trail use fee, visitors welcome

**Revelstoke Nordic Ski Club**

**Contact:** Dave Kaegi  
Box 1618, Revelstoke, BC V0E 2S0  
info@revelstokenordic.org  
Snowphone: (250) 837-7303  
www.revelstokenordic.org

**Programs:** Parents & Tots; Ski S'Kool; SDP; Jr Racing Program; Adult Skill Lessons

**Club Facilities:** *Mt. MacPherson Ski Trails*

26 km groomed trails; 5 km lit trails; ski playground; 4 km K-9 trails; varied terrain  
Grooming: Bombardier BR 275  
Daylodge (2200 sf); heated washrooms; cabin (300 sf) on trail system  
Trail use fee, visitors welcome

**Skmana Ski Club**

**Contact:** Darcy Simpson  
Box 325, Chase, BC V0E 1M0  
250-679-3951

Darcy.simpson@investorsgroup.com  
**Club Facilities:** *Skmana Lake Trails*  
15 km groomed trails; 15 ungroomed; terrain suitable for recreational skiing; Daylodge (1000 sq ft)

Grooming: Bombardier Snowcat  
No trail user fee, visitors welcome

**Snow Valley Nordic Ski Club**

**Contact:** Liz Thorne  
Box 404, Kitimat, BC  
V8C 2M4 (250) 632-6055  
info@snowvalleynordic.com  
www.snowvalleynordics.com

**Programs:** SDP  
**Club Facilities:** *Onion Lake Ski Trails*  
35 km groomed trails, varied terrain; 5 km lit trails, 6 km K-9 trail; ski playground; daylodge (900 s f); cabin on trail system  
Grooming: PB 200  
Trail use fee, visitors welcome

**Sovereign Lake Nordic Club**

**Contact:** Scott Lemon

Box 1231, Vernon, BC  
V1T 6N6 (250) 558-3036  
info@sovereignlake.com  
Snow phone: 260-5335  
www.sovereignlake.com

**Programs:** Ski S'Kool; SDP; Jr & Sr Racing Programs; Adult Skill Lessons; Adaptive Skiing

**Club Facilities:** *Sovereign Lake Nordic Centre*

53 km groomed trails; varied terrain; 3.5 km lit trails; ski playground  
Grooming: BR 400+; snowmobiles  
Daylodge (3500 sf); heated washrooms; 1 cabin, 1 shelter  
Trail use fee, visitors welcome

**Spud Valley Nordic Club**

**Contact:** Delores Franz Los  
Box 301, Mt. Currie, Pemberton, BC  
V0N 2K0 (604) 894-6182  
dfflos@hotmail.com  
www.spudvalleynordics.ca

**Programs:** SDP; Ski S'Kool; Jr Racing Program, Adult Skill Lessons. Club Facilities: Nairn Falls Campground  
Grooming: snowmobile

**Squamish Nordic Ski**

**Contact:** Todd Pope  
Box 3521, Garibaldi Highlands,  
V0N 1T0 (604) 898-3030  
tcpope@shaw.ca  
www.squamishnordic.ca

**Programs:** SDP, Adult Skill Lessons

**Strathcona Nordic Ski Club**

**Contact:** Len Apedaile  
Box 3085, Courtenay, BC V9N 5N3  
info@strathconanordics.com  
www.strathconanordics.com

**Programs:** Parents & Tots; Ski S'Kool; SDP; Jr & Sr Racing Programs; Adult Programs; Adaptive Skiing

**Sun Peaks Nordic Club**

**Contact:** Gunnar Rasmussen  
Box 2142, Sun Peaks V0E SNO  
(604) 240-0556  
sunpeaksnordicclub@gmail.com

**Programs:** SDP; Adult Skill Lessons

**Sunset Ridge Ski Society**

**Contact:** Shelly Hume  
PO Box 107, Sparwood, BC V0B 2G0  
(250) 425-2404

tnshume@telus.net  
www.skisparwood.com

**Club Facilities:**

10 km groomed trails, varied terrain  
Grooming: BR 400

**Telemark Cross Country Ski Club**

**Contact:** Bob Rogers  
Box 26072, West Kelowna,  
BC V4T 2G3; tccsc@telus.net  
Snow Phone: (250) 768-1494  
www.telemarkx-c.com

**Programs:** Ski S'Kool, SDP, Jr Racing Program; Adult Skill Lessons; Special Olympics

**Club Facilities:** *Telemark Ski Trails*

50 km groomed trails; varied terrain; ski playground; K-9 Trails; 3 km lit trails; daylodge (3000 sf); heated washrooms  
Grooming: Bombardier 400

Trail use fee, visitors welcome

**Tetrahedron Outdoor Club**

**Contact:** Donna Harrison  
Box 545, Gibsons, BC V0N 1V0  
(604) 880-2329; www.tetoutdoor.ca  
drjackrabbits@gmail.com

**Programs:** SDP

**Toby Creek Nordic Ski Club**

**Contact:** Darren Tamelin  
Box 892, Invermere, BC  
V0A 1K0 (250) 342-6504  
info@tobycreeknordic.ca  
www.tobycreeknordic.ca

**Programs:** SDP; Jr Racing Program

**UBC Nordic Ski Club**

**Contact:** Nico Petch  
UBC Dept. of Athletics  
#272-6081 University Boulevard  
Vancouver, BC V6T 1Z1  
(604) 822-2531; ubcnordic@gmail.com  
www.ubcnordic.blogspot.ca/

**Programs:** Varsity Ski Team

**Vancouver Skiers**

**Contact:** Juergen Kaefer  
Po Box 4407 Vancouver, BC  
V6B 3Z8 (604) 437-3881  
jkaefer@telus.net; www.theskiers.ca

**Wells Gray Outdoors Club**

**Contact:** Hazel Wadlegger  
Box 1520, Clearwater, BC

V0E 1N0 (250) 674-3998  
hazelwadlegger@hotmail.com  
www.wellsgrayoutdoorsclub.ca

**Programs:** Parents & Tots; SDP; Adult Skill Lessons

**Club Facilities:**

*Candle Creek Ski Trails*  
35 km groomed trails; varied terrain  
Grooming: PB 100; 2 Twin Tracks  
Daylodge (600 sf)  
Trail use fee, visitors welcome

**Whiskey Jack Nordic Ski Club**

**Contact:** Eliza Stanford  
9508 113th Ave., Ft. St John, BC  
V1J 2W9 (250) 785-0973  
eliza.s@telus.net

**Programs:** SDP

**Club Facilities:**

*Beaton Provincial Park Trails*  
12 km groomed trails  
Grooming: Alpine Twin Track  
Warming cabin at trail head (150 st)  
Trail use fee, visitors welcome

**Whistler Nordic Ski Club**

**Contact:** Suki Cheyne  
8605 Drifter Way, Whistler, BC  
V0N 1B8 (604) 932-3602  
info@whistlernordics.com  
www.whistlernordics.com

**Programs:** SDP; Jr Racing Program; Adult Skill Lessons; Learn to Loppet

**Williams Lake CC Ski Club**

**Contact:** Sean Donahue  
Box 4026, Williams Lake, BC V2G 2V2  
www.bullmountain.ca

**Programs:** SDP; Adult Skill Lessons

**Club Facilities:** *Bull Mtn Trails*

28 km groomed trails; varied terrain; K-9 trails; ski playground; 3.5 km lit trails; warming cabin (1000 sf)  
Grooming: PB 180  
Trail use fee, visitors welcome

**Yellowhead Ski Club**

**Contact:** Kjell Valestrand  
Box 258, McBride, BC  
V0J 2E0 (250) 569-3146  
yellowheadskiclub@hotmail.com

**Club Facilities:** *Belle Mountain Ski Trails*

20 km groomed trails; varied terrain  
Grooming: Alpine Twin Track  
Daylodge on trail system



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# COMPETITION SCHEDULE

## Provincial, National & International Events

### NOVEMBER 2012

Nov 22-24

**US Super Tour Opener**  
West Yellowstone, MT, USA  
Dan Cantrell  
(406) 646-7701  
director@rendezvouskitrails.com

Nov 24-25

**Teck Kootenay Cup #1 & 2 /  
Dawn Mountain Challenge**  
Kootenay Cup Series  
Golden  
Troy Hudson  
(250) 344-7489  
goldenights@uniserve.com

### DECEMBER 2012

Dec 1-2

**Haywood Nor Am**  
Canmore, AB  
Greg Thompson  
(403) 678-3353  
strata@telusplanet.net

Dec 2

**Teck Coast Cup # 1**  
Coast Cup Series  
Callaghan Valley  
Dirk Rohde  
(604) 942-6410  
info@hollyburnxc.ca

Dec 8-9

**FIS World Cup**  
Quebec City, QC  
(418) 827-1112  
info@gestev.com  
www.gestev.com/en/

Dec 8-9

**Teck BC Cup #1 /  
Haywood Nor Am**  
BC Cup Series  
College/University Series  
Vernon  
Sharon Clarke  
sharon@sovereignlake.com

Dec 13, 15-16

**FIS Alberta World Cup**  
Canmore, AB  
(403) 678-3644  
khewitt@albertaworldcup.com  
www.albertaworldcup.com

Dec 15-16

**Teck Kootenay Cup #3 & 4**  
Kootenay Cup Series  
Rossland  
Rob Spiller  
(250) 362-2207  
robspiller@telus.net

Dec 29 & 30

**Teck Northern Cup #1 & 2**  
Northern Cup Series  
Smithers  
Steve Osborn  
(250) 877-8595  
race@bvnordic.ca

Dec 30

**Teck Okanagan Cup #1**  
Okanagan Cup Series  
Salmon Arm  
John Thielman  
(250) 832-3409  
info@johnsskishack.com

### JANUARY 2013

Jan 2-8

**US Cross Country Champs**  
Midway, UT, USA  
Scott Peterson  
scott.peterson@soldierhollow.com

Jan 3, 5 & 6

**Haywood Nor Am/World Jr  
& U23 Championship Trials**  
Thunder Bay, ON  
Grant Hall  
(807) 346-0607  
grant\_hall@shaw.ca  
www.lappenordic.ca

Jan 6

**Kookaburra Cup**  
Sun Peaks

Gunner Rasmussen  
(604) 240-0556  
gskishop@telus.net

Jan 12-13

**Teck BC Cup #2**  
BC Cup Series  
College/University Series  
Kelowna  
Jillian Stamp  
(250) 979-1255  
jilljames@shaw.ca  
www.telemarkracers.org

Jan 19

**Teck Coast Cup #2**  
Coast Cup Series  
Whistler  
Suki Cheyne  
(604) 938-6441  
admin@whistlernordics.com

Jan 19

**Reino Keski Salmi Loppet**  
Salmon Arm  
Pauline Waelti  
(250) 833-0325  
peter\_pauli@shaw.ca

Jan 20-27

**World Jr/U23 Championships**  
Liberec, CZE  
Cross Country Canada  
Ashley Wright  
(403) 678-6791 Ext. 32  
awright@cccski.com

Jan 26

**Kitimat Open**  
Kitimat  
Travis Carter  
(250) 635-6435  
aidanfam@telus.net

Jan 26

**Hallis Lake Loppet**  
Quesnel  
Elaine Watteyne  
(250) 992-2855  
3watts@telus.net

Jan 27

**Teck Kootenay Cup #5**  
Kootenay Cup Series

# COMPETITION SCHEDULE

Nelson  
Louise Poole  
(250) 825-9202  
klpoole@shaw.ca

Jan 26-27

**Haywood Nor Am**  
Duntroon, ON  
Highlands Nordic Ski Club  
(705) 444-6959  
dfriendly@lhgroup.com

Jan 27

**Kelowna Apple Loppet**  
Kelowna  
Ron Earle  
(250) 768-1494  
TCCSC@TELUS.NET

## FEBRUARY 2013

Feb 2-3

**Teck BC Championships**  
BC Cup Series  
College/University Series  
Prince George  
Jim Burbee  
(250) 564-1518  
competitions@caledonianordic.com

Feb 1-3

**Eastern Canadian Champs**  
Cantley, QC  
Jim McCarthy  
jmccarthy@gamma.ca

Feb 9

**Canadian Birkebeiner**  
Edmonton, AB  
(780) 430-7153  
ski@canadianbirkie.com  
www.canadianbirkie.com

Feb 9

**Nickel Plate Loppet**  
Penticton  
Esther Skrypiczajko  
(250) 492-8569  
estherskrypiczajko@gmail.com

Feb 9

**Cariboo Marathon**  
100 Mile House  
Nicola Maughn

(250) 791-6331  
nemaughn@gmail.com

Feb 9

**Birchleg Ski Festival**  
Clearwater  
Hazel Wadlegger  
(250) 674-1674  
hazelwadlegger@hotmail.com

Feb 9

**Team Scream**  
Revelstoke  
Keith McNab  
(250) 837-5910  
jkmcnab@telus.net

Feb 10

**Tips Up Cup /  
SLNC Championships**  
Vernon  
Sovereign Lake Nordic Club  
info@sovereignlake.com

Feb 10

**Chris Dahlie Open**  
Smithers  
Steve Osborn  
(250) 877-8595  
race@bvnordic.ca

Feb 10

**Spud Valley Loppet**  
Pemberton  
Liz Scroggins  
(604) 894-2399  
scrogg@telus.net

Feb 10

**Huckleberry Loppet**  
Golden  
Joan Dolinsky  
(250) 348-2578  
joandolinsky@gmail.com

Feb 14 – 23

**Masters World Cup**  
Asiago, Italy  
Bruce Le Grow  
bruce.legrow@nf.sympatico.ca  
www.mwc2013.com

Feb 16

**Teck Okanagan Cup #2**  
Okanagan Cup Series  
Kamloops

Natalie Manhard  
(250) 573-6024  
nmanhard@shaw.ca

Feb 16-17

**Gatineau Loppet**  
Gatineau, QC  
Joannie Bouffard  
(819) 778-5014 Ext. 22  
info@gatineauloppet.com

Feb 16-17

**Teck Kootenay Cup Finale  
#6 & 7**  
Kootenay Cup Series  
Kimberley  
Bill Green (250) 427-5554  
wggreen6@gmail.com

Feb 17

**The Lost Lake Loppet**  
Whistler  
Suki Cheyne  
(604) 938-6441  
admin@whistlernordics.com

Feb 17

**Teck Northern Cup #3 /  
Omineca Open**  
Northern Cup Series  
Burns Lake  
Terri Dickson  
(250) 692-6684  
tdickson7@gmail.com  
www.ominecaskiclub.org

Feb 17

**Overlander Loppet**  
Kamloops  
Charlie Bruce  
(250) 579-5653  
ctbruce@shaw.ca

Feb 20-Mar 3

**World Championships**  
Val di Fiemme, ITA  
Cross Country Canada  
Ashley Wright  
(403) 678-6791 Ext. 32  
awright@cccski.com

Feb 22-24

**Western Canadian Champs**  
Grande Prairie, AB  
Grant Bourree  
(780) 539-8180  
Grant.Bourree@Weyerhaeuser.com

## COMPETITION SCHEDULE

Feb 23

**Sigge's P'ayakentsut**  
Callaghan Valley  
Dirk Rohde  
(604) 942-6410  
info@payak.ca

Feb 23

**Spirit of the Nechako**  
Vanderhoof  
Dean Marshall  
(250) 441-3200  
nechako.nordics@gmail.com

Feb 23

**Moose Marathon**  
Kitimat  
Travis Carter  
(250) 635-6435  
aidanfam@telus.net

Feb 23

**American Birkebeiner /  
SuperTour**  
Hayward, WI, USA  
Yuriy Gusev  
yuriy.gusev@cxskiing.org  
www.birkie.com

Feb 24

**Holy Cow Loppet**  
Sun Peaks  
Gunner Rasmussen  
(604) 240-0556  
gskishop@telus.net

Mar 2-3

**Teck Midget Championships**  
Revelstoke  
Debbie Koerber  
(250) 837-6376  
debbie@apexrafting.com

Mar 4 – 10

**Canadian Masters Champs**  
Huntsville, ON  
Peter Briand  
(705) 789-5105 ext 225  
peter.briand@ontario.ca  
www.arrowheadnordic.ca

Mar 3

**Caledonia Loppet**  
Prince George  
Jim Burbee  
(250) 564-1518  
competitions@caledonianordic.com

Mar 3

**Lakes Loppet  
& Family Marathon**  
Burns Lake  
Terri Dickson  
(250) 692-6684  
tdickson7@gmail.com  
www.ominecaskiclub.org

Mar 10

**Sovereign Lake Loppet**  
Vernon  
Bruce Sandilands  
loppet@sovereignlake.com

Mar 10

**Teck Okanagan Cup Finale - #3  
Okanagan Cup Series**  
Vernon  
Bruce Sandilands  
sandilands@shaw.ca

Mar 9-10

**Teck Coast Cup Finale #3 & 4  
Coast Cup Series**  
Mt Washington  
Alison Stocks  
(250) 890-0504  
info@strathconanordics.com

Mar 9-10

**Wetzink'kwa Loppet**  
Smithers


### MARCH 2013

Mar 2

**Black Jack Loppet**  
Rossland  
Rob Spiller  
(250) 362-2207  
robspiller@telus.net


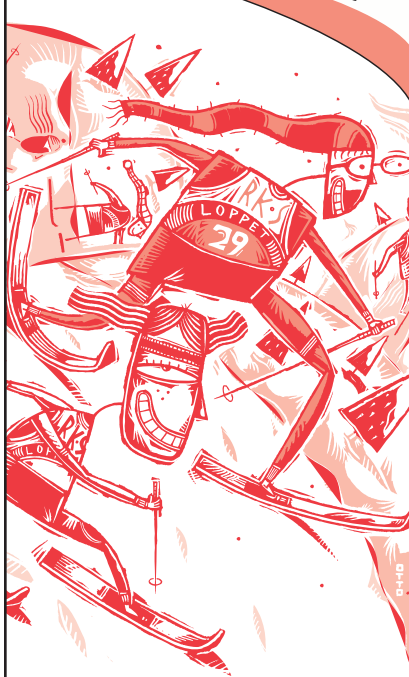
Mar 2

**Teck Northern Cup Finale #4  
Northern Cup Series**  
Prince George  
Jim Burbee  
(250) 564-1518  
competitions@caledonianordic.com



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[www.SkiLarchHills.ca](http://www.SkiLarchHills.ca)

**Kal-West Interior  
Loppet Series**

## SCHEDULE

Steve Osborn  
(250) 877-8595  
race@bvnordic.ca

Mar 10

**Rendezvous Loppet**  
Fort Nelson  
Alison Starr  
(250) 774-2877  
astarr@theedge.ca

Mar 23-30

**Haywood Ski Nationals**  
Callaghan Valley  
Sherryl Yeager  
(604) 730-1806  
chair@skinationals.com

## APRIL 2013

Apr 13

**Vancouver Island Loppet**  
Mt Washington  
Barb Kelly  
(250) 702-7994  
info@strathconanordics.com



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# Kids Programs

## FUNDAMENTALS

The **Jackrabbit Program**, which is directed at skiers in the “FUNDamentals” stage of development (children six to nine years), is the second level of the new program. It has been developed in parallel with the second level of the new competency-based NCCP, which provides coach training specific to the needs of skiers this age. Program materials include an enrolment kit, an age-appropriate booklet that provides a comprehensive record of the young skier’s ski career, and “technique” and “program” award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.

## LEARNING TO TRAIN

The **Track Attack Program**, which is directed at skiers in the “Learning to Train” stage of development (skiers 10 to 12), is the third level of the new program. It has been developed in parallel with the third level of the new NCCP system. Program materials include a program-specific enrolment kit, an age-appropriate booklet, and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers, and to utilize those skills to explore a wide range of cross-country ski activities, from back country excursions to Ski Tournaments. In addition, it is designed to:

- Develop fitness through active play, games and other activities.
- Be fun.
- Provide an opportunity to be part of a sport “team”.
- Develop competence in cross-country ski skills.
- Expose children to a variety of “adventure-based” cross-country ski activities.

The 2012-13 Track Attack enrolment kit includes a cross-country ski buff with a CCC logo and a CS4L Monitoring Growth and Maturation Poster.



Cross Country Canada’s SDP is a modern, state-of-the-art progression of skill development programs for children. This exciting new program conforms to the Canadian Sport for Life (CS4L) Model and provides a vertically integrated continuum of development opportunities for children in the first three stages of skier development.

## ACTIVE START

The first level is the **Bunnyrabbit Program**, which is directed at children in the “Active Start” stage of development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet, and skill award stickers. It has been developed in parallel with the first level of the new competency-based National Coaching Certification Program (NCCP), which now provides coach training specific to the needs of this age group. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children an opportunity to make ski friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.



The 2012-13 Bunnyrabbit and Jackrabbit enrolment kit includes a cross-country ski toque with a CCC logo and a CS4L poster.

# Racing Rocks!

## INTRO TO COMPETITION

Since the introduction of skating, higher technology equipment and new race formats such as sprinting, pursuits and mass starts, cross-country skiing has picked up speed and grown in excitement.

In 2012-13 Cross Country Canada (CCC) will offer three special programs to introduce elementary school-age kids to the fun and satisfaction of competitive skiing.

### SKI TOURNAMENT

A Ski Tournament is a day of special activities which includes a Terrain Park Relay, a Mad Dash (an individual sprint race - the event in which Chandra Crawford won her 2006 Olympic gold medal!), and a variety of games. The objective of the event is to encourage participation, teamwork and good technique.

### TEAM SPRINT

A team sprint is a two-person sprint relay. The first skiers on each team start together and race the sprint course, then hand off to their team-mates, who also ski the course. The second skiers then hand off to the first skiers who ski the course again. This is the event in which Alex Harvey and Devon Kershaw won gold at the 2011 World Championships!

### DOUBLE CROSS

This is an Xtreme X-Country event designed to enable skiers to apply their cross-country skills to challenging terrain in an environment of adventure and intra-group competition.

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Cross Country Canada-approved activities offer a free incentive award to all participants.

The above programs have been coordinated with the Track Attack program. The successful completion of any one of these events earns a skier one of a possible 15 Track Attack “targets”. Completion of all three earns the skier three targets.

For information on where Racing Rocks! events will be held this coming season and how to enter, contact your club SDP Programmer or the Cross Country BC Office at: [techcoord@crosscountrybc.ca](mailto:techcoord@crosscountrybc.ca).

For more information on how to apply for/host a Racing Rocks! event visit: <http://www.cccski.com/Programs/Athlete-Development/Skill-Development-Programs/Racing-Rocks!.aspx>.



Photo: G. Recknell, Caledonia Nordic Ski Club



Photo: N. Murdoch, Whistler Nordic Ski Club



Photo: K. Hutchinson, Tetrahedron Outdoor Club ▶

# Officials



Photo: J. Brown

*The Officials Program consists of five steps from entry level through international level. It includes technical delegate, event management and course conductor training as well as standard training for officials.*

## LEVEL 1

This is a eight hour course that provides an overview of what a cross-country ski competition is all about. The focus is on the duties of minor officials for “Olympic” style (interval start, pursuit start, mass start, team sprint, individual sprint, relay) and “Loppet” style (mass participation) competitions.

Course fee for CCBC members: \$65.00

Course fee for non-members: \$75.00

## LEVEL 2

This is a 16 hour course that prepares officials for a leadership role on a competition committee for club, provincial, and most national level races, including the BC Cup Series, BC Winter Games and loppets. The course covers all race formats, rules and regulations, rule interpretation, electronic timing, all aspects of the results system and volunteer management.

Course fee for CCBC members: \$75.00

Course fee for non-members: \$90.00

## LEVEL 3

This is a 3.5 day course. It is designed to prepare an official to: (1) effectively structure, staff and manage a Competition Committee at provincial through national level competitions, (2) perform any ‘major’ official role at the National Championship level, (3) perform the role of a provincial Technical Delegate, and (4) have a good understanding of CCC/FIS rules.

For updates on Cross Country BC’s Officials Course Schedule log onto: <http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2980>.

CCC/FIS Competition Rules & Regulations: <http://www.ccski.com/getmedia/b0c8bb2f-04a8-45bb-a482-04b42c9964e0/CCC-Rules-2009.pdf.aspx>.

CCC Officials Manual: <http://www.ccski.com/getmedia/79317bda-f719-4390-a8cd-a7636ef63ba9/CompetitionOfficialsHandbookv34.pdf.aspx>.

## Course Schedule

Date	Course	Location	Contact	Telephone
Oct 6	Level 1	Prince George	J. Burbee	250-564-1518
Oct 13	Zone4 Intro	Kamloops	V. Wagner	250-545-9600
Oct 14	Zone4 Advanced	Kamloops	V. Wagner	250-545-9600
Oct 27	Level 1	Revelstoke	D. Kaegi	250-837-5734
Nov 3-4	Level 2	Vancouver	D. Rohde	604-942-6410
Nov 17	Level 1	Vernon	R. Jensen	250-549-2517
Nov 17	Level 1	Vancouver	D. Rohde	604-942-6410



Photo: D. Koerber, Revelstoke Nordic Ski Club

# Teck BC Cup Series

The Teck BC Cup Series is the premier race series for cross-country skiers in British Columbia. It is the principle component of the athlete development model for high performance cross-country skiing, as well as a family oriented event that encourages participation from skiers of all age groups and a wide range of skill levels.

There are three special features built into the Series, the **BC Championship Club Trophy** that recognize the achievements of club teams, the **BC Cup Series Overall Awards** that recognize individual performances and the **College/University Aggregate Awards** that recognize individual performances for full time post-secondary students.

## BC Championship Club Trophy:

The Championships offers both 'interval start' and 'relay start' competitions. Club skiers of all ages and skill levels participate in order to help their club achieve points. The club that accumulates the most points is the winner of the Club Trophy. Guidelines for this program are available from the Cross Country BC website. This is the most exciting competitive event of the season and a great opportunity to introduce young skiers to the Teck BC Cup Series!!!

## BC Cup Series Overall Awards:

All events in the series with the exception of the relays are used to accumulate points for the BC Cup Series Overall Awards Championships

## College/University Aggregate Awards:

All events in the Series with the exception of the relays are used to accumulate points for the College/University Aggregate Awards.

### *Additional Series Information:*

All races are nationally sanctioned with the exception of the relays. Results of nationally sanctioned races (for age categories Juvenile and up) are included on the Canada Points List or Canada Sprint List. All competitors in the Juvenile age category and up must have a CCC Racing Licence or CCC Day Licence in order to participate.

## 2012-2013 SCHEDULE

BC Cup #1

Vernon

December 8-9

Mass Start (CT); Interval Start (FT)

BC Cup #2

Kelowna

January 12-13

Individual Sprint (CT); Interval Start (FT)

BC Championships

Prince George

February 2-3

Interval Start (CT) Relay (FT)



Photo: M. Richards, Black Jack Cross Country Ski Club

Detailed information regarding the BC Cup Program, including the points formula is available on the CCBC website at: [www.crosscountrybc.ca](http://www.crosscountrybc.ca)



Photo: D. Koerber, Revelstoke Nordic Ski Club

# CCBC BULLETIN BOARD



Strathcona Athletes Visit Quebec City

Photo: T. McGrady, Strathcona Nordic Ski Club

## *Highlights from the 2012 National Championships*

BC Athletes earned 21 medals in individual events and set a new record for the most-ever medals won by BC at a National Championships. The previous record was 17. In addition four BC athletes earned top-three age-class aggregates: Megan Evans (*Revelstoke Nordic Ski Club*) was first in the Juvenile Girls category, Rebecca Reid (*Black Jack Cross Country Ski Club*) was second in the Junior Women category, Geoffrey Richards (*Black Jack Cross Country Ski Club*) was second in the Junior Men category and Eric Byram (*Sovereign Lake Nordic Club*) was second in the Junior Boys category.

In addition six BC athletes earned aggregate titles under the new system of recognition based on year of birth:

- 1st - Megan Evans (*Revelstoke Nordic Ski Club*)
- 1st - Rebecca Reid (*Black Jack Cross Country Ski Club*)
- 2nd - Eric Byram (*Sovereign Lake Nordic*)
- 2nd - Geoffrey Richards (*Black Jack Cross Country Ski Club*)
- 3rd - Thomas Hardy (*Larch Hills Nordic Society*)
- 3rd - Sarah Beaudry (*Caledonia Nordic Ski Club*)

## *KidSport*

The cost of organized sports can be a barrier to participation and limit the choices for some families. KidSport™ works to fulfill its mission of eliminating the financial barriers to sport participation, “So All Kids Can Play!” Kids have the opportunity to reach their highest potential when they have access to physical activity, which can positively impact physical health, development of social skills, self-esteem, and friendships. KidSport™ is a community-based sport funding program that provides grants for children under the age of 18 to participate in a sport season of their choice.

We believe that no kid should be left on the sidelines and all should be given the opportunity to experience the positive benefits of sport. In 2011 KidSport BC helped over 5,700 kids by distributing \$1.1 million dollars to sport registration fees across BC.

For more information or to apply for funding, please visit [kidsport.ca/bc](http://kidsport.ca/bc).



## *Anatomy of a New Cross Country Ski S'Kool*

**Prognosis:** Our club is located in Quesnel, BC, and is called the Cariboo Ski Touring Club. With rapidly changing demographics in small northern BC towns, it became clear that we would have to make some difficult decisions in order to ensure the future viability of our active club.

**Decision:** Following the best practise of a number of other clubs in BC the executive decided to follow a similar course of action; to start a ski school and rental shop out of our existing lodge and cross-country ski venue.

**Procedure:** The first job was to secure the funds needed to do the required renovations

# CCBC BULLETIN BOARD

to the basement of the lodge and to buy the required equipment. To that end, our talented team of grant writers went to work during the spring of 2011, and in short order had grants totalling \$36,000.00. Other than MEC, all of the funds were granted to us from local organizations. Our club worked closely with our school district and with our local ski and bike store in ordering the ski equipment. With funds from our grants we were able to purchase; 100 sets of classic skis, 8 sets of skating skis, 121 pairs of classic boots, 9 pairs of combi boots, and 127 sets of poles.

During the early fall of 2011, work was started on the renovations to the lodge. It took 19 volunteers working a total of 407 person hours, and a cost of \$8,000.00 to complete the job.

Also during this time the club hired its first employee. She has proven to be very competent in running the Ski S'Kool Program and rental shop. It was decided to start cautiously, with three elementary schools, each having three visits to the venue, and a total of 330 student visits. In actual fact we surpassed that number having 411 student visits.

During the winter we used a pool of 12 coaches for the program. They either had their NCCP ICC and CC training already, or became trained at the workshops we held before Christmas 2011.

**Benefits:** Besides introducing many youngsters to the sport of cross-country



New Callaghan Valley Training Centre Team Van

Photo: NDC - Callaghan Valley

sking, we were able to rent out good equipment to local people who may not have their own. This season being our first, we had a total of 290 equipment rentals in addition to Ski S'Kool rentals. Moreover we can now rent skis to those coming out for our adult lesson program. Fifty-one of the seventy-nine participants in adult lessons rented skis. An additional benefit was that our paid employee had the rental shop open for certain hours on Saturday, Sunday, and Wednesday evenings. This enabled other club members to utilize the lodge at those times.

**Results:** This major club initiative has definitely paid off. The Ski S'Kool and rental shop turned a healthy profit in its first year. This profit will contribute to venue operating costs, as well as ensure that we can renew the rental fleet as it wears out. Many youth and adults have been introduced to cross-country skiing, and we are confident that this strategy will ensure that our club and youth programs will remain viable for many years.

*Peter van Leusden, Cariboo Ski Touring Club*



## NOTICE OF 2013

### CROSS COUNTRY BC CLUB DEVELOPMENT WORKSHOP & ANNUAL GENERAL MEETING

*To be held in 100 Mile House, BC, May 4-5, 2013*

# FOR THE RECORD

## PROVINCIAL EVENTS

### BC CUP SERIES

#### Overall Series winners by category:

Junior Men 2	Kurt Behnsen	TEL
Junior Men 1	Peter Locke	BJSC
Junior Women 2	Sylvia Watkins	SN
Junior Boys 2	Fred Weaver	HBC
Junior Boys 1	Thomas Hardy	LH
Junior Girls 2	Nicki Murdoch	WN
Junior Girls 1	Hanna Thomson	RN
Juvenile Boys 1	John Connor	LH
Juvenile Girls 2	Megan Evans	RN
Juvenile Girls 1	Katie Weaver	HBC
Midget Boys 2	Daniel Merlo	BJSC
Midget Boys 1	Andrew Nash	LH
Midget Girls 2	Annika Richardson	HBC
Midget Girls 1	Jenna Sim	HBC

### BC CHAMPIONSHIPS

#### Salmon Arm

#### Club Championship Trophy: Larch Hills Nordic Society

#### Individual Winners:

Open Men	David Harbocian	SLNC
Open Women	Cara McCulloch	BV
Junior Men	Colin Ferrie	KN
Junior Women	Adriene Underhill	LH
Junior Boys	Fred Weaver	HBC
Junior Girls	Brittany Evans	RN
Juvenile Boys	John Connor	LH
Juvenile Girls	Megan Evans	RN
Midget Boys	Daniel Merlo	BJSC
Midget Girls	Annika Richardson	HBC
Pee Wee Boys 3/4	Michael Murdoch	WN
Pee Wee Boys 1/2	Stephen Moore	LH
Pee Wee Girls 2/3	Alana Brittin	RN
Pee Wee Girls 1	Keeya Corbett	LH

### BC MIDGET CHAMPIONSHIPS

#### Kelowna

#### Club Aggregate Award: Hollyburn Cross Country Ski Club

#### Interval Start:

Boys:	Michael Murdoch	WN
Girls:	Lydiai Youkey	USA

#### Individual Sprints:

Boys:	Ian Williams	TEL
Girls:	Tara DeLong	USA

#### Relays:

Boys:	Whistler Nordic Ski Club
Girls:	Hollyburn Cross Country Ski Club

### BC WINTER GAMES

#### Vernon

#### Individual Sprints:

Juv Boys:	Rhys Evans	RN
Juv Girls:	Katie Weaver	HBC
Midget Boys:	Cam Fitzmaurice	HBC
Midget Girls:	Annika Richardson	HBC
PN SS F:	Emily Suchy	RN
PN Std F:	Karyn Lawson	NN
PN Std M:	Andy Lin	NR

#### Interval Start:

Juv Boys:	Austin Reith	WN
Juv Girls:	Eliza-Jane Kitchen	LH

Midget Boys:	Andrew Nash	LH
Midget Girls:	Annika Richardson	HBC
PN SS F:	Emily Suchy	RN
PN Std F:	Karyn Lawson	NN
PN Std M:	Andy Lin	NR

## NATIONALEVENTS

### WESTERN CANADIAN CHAMPIONSHIPS Canmore, AB

1st	Open Women	10km	F	Alysson Marshall
1st	Open Women	S	F	Alysson Marshall
1st	Jr Boys	7.5km	C	Thomas Hardy
1st	Jr Boys	10km	F	Fred Weaver
1st	Jr Boys	S	F	Fred Weaver
1st	Jr Girls	10km	F	Brittany Evans
1st	Jr Girls	5km	C	Brittany Evans
1st	Juv Boys	S	F	Eric Byram
1st	Juv Boys	6.6km	F	John Connor
1st	Juv Girls	6.6km	F	Megan Evans
1st	Juv Girls	S	F	Kate Woods
1st	Juv Girls	5km	C	Megan Evans
1st	Mid Boys	S	C	Rhys Evans
1st	Mid Boys	3.3km	F	Austin Reith
1st	Mid Boys	2.5km	C	Austin Reith
1st	Mid Girls	2.5km	C	Annika Richardson
1st	PN SS F	3km		Emily Suchy
2nd	Jr Boys	S	F	Lucas Putnam-Rea
2nd	Jr Girls	5km	C	Jill Reynolds
2nd	Jr Girls	10km	F	Susanne Fraser
2nd	Juv Boys	S	F	John Connor
2nd	Mid Girls	S	F	Annika Richardson
3rd	Open Women	S	F	Alysson Marshall
3rd	Jr Boys	10km	F	Thomas Hardy
3rd	Jr Boys	7.5km	C	Shawn DeGroot
3rd	Jr Boys	S	F	Zayne Heyes
3rd	Jr Girls	S	F	Kirsten Bock
3rd	Juv Boys	6.6km	F	Eric Byram
3rd	Juv Girls	S	F	Katie Weaver
3rd	Mid Boys	3.3km	F	Rhys Evans
3rd	Mid Boys	2.5km	C	Daniel Merlo
3rd	Mid Girls	3.3km	F	Annika Richardson



### BIGGEST & BEST 2011-2012

- CCBC Membership – 16,098 (Cross Country Canada's largest Division)
- CCBC Skill Development Program enrolment – 2172
- Club with most SDP participants: Hollyburn Cross Country Ski Club – 226
- Club with largest membership: Sovereign Lake Nordic Club – 1673
- Loppet with most participants: Sigge's P'ayakentsut – 554
- Nor Am World Jr/U23 Championship Trials, Callaghan Valley, Day 2 - 615

### CANADIAN CHAMPIONSHIPS Canmore, Alberta

1st	Jr Men	15km	F	Geoffrey Richards
1st	Juv Boys	5km	C	John Connor
1st	Juv Boys	7.5km	F	Eric Byram
1st	Juv Girls	5km	F	Megan Evans
1st	Juv Girls	7.5km	C	Megan Evans
2nd	Sr Women	10km	F	Alysson Marshall
2nd	Jr Men	30km	C	Stefan Sander-Green
2nd	Jr Men	10km	C	Jeffrey Kerkovius
2nd	Jr Women	20km	C	Rebecca Reid
2nd	Jr Women	10km	F	Rebecca Reid
2nd	Jr Women	S	F	Rebecca Reid
2nd	Jr Boys	15km	C	Thomas Hardy
2nd	Jr Girls	7.5km	C	Sarah Beaudry
2nd	Juv Boys	S	F	John Connor
2nd	Juv Boys	10km	C	Eric Byram
2nd	Juv Girls	5km	C	Megan Evans
2nd	Juv Girls	S	F	Katie Weaver
3rd	Sr Women	S	F	Alysson Marshall
3rd	Jr Men	S	F	Geoffrey Richards
3rd	Jr Boys	15km	C	Shawn DeGroot
3rd	Jr Girls	S	F	Sarah Beaudry
4th	Jr Men	S	F	Julien Locke
4th	Jr Men	30km	C	Geoffrey Richards
4th	Juv Boys	7.5km	F	Gabiel Price
4th	Juv Girls	S	F	Megan Evans
4th	Juv Girls	7.5km	C	Katie Weaver
5th	Jr Men	10km	C	David Palmer
5th	Jr Girls	10km	F	Jillian Reynolds
6th	Sr Women	30km	C	Alysson Marshall
6th	Jr Men	30km	C	Colin Ferrie
6th	Jr Men	10km	C	Geoffrey Richards
6th	Jr Boys	10km	C	Thomas Hardy
6th	Jr Girls	10km	F	Alex Myshak-Davis
6th	Juv Boys	S	F	Eric Byram
7th	Jr Boys	10km	C	Lucas Putnam-Rea
7th	Jr Girls	7.5km	C	Jillian Reynolds
7th	Juv Girls	5km	C	Katie Weaver
7th	Juv Girls	5km	F	Kate Woods
8th	Sr Women	30km	C	Andrea Lee
8th	Jr Boys	15km	C	Fred Weaver
8th	Jr Girls	7.5km	C	Alex Myshak-Davis
8th	Jr Girls	10km	F	Sarah Beaudry
8th	Jr Girls	S	F	Alex Myshak-Davis
8th	Jr Girls	5km	C	Sarah Beaudry
8th	Juv Boys	5km	C	Gabriel Price
8th	Juv Girls	5km	F	Lauren Doak
9th	Jr Men	15km	F	David Palmer
9th	Jr Boys	S	F	Fred Weaver
9th	Jr Girls	5km	C	Brittany Evans
9th	Jr Girls	S	F	Jillian Reynolds

## INTERNATIONAL EVENTS

### WORLD JR CHAMPIONSHIPS

#### Erzurum, Turkey

20th	20km	C/F	Geoffrey Richards
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### FIS WORLD CUP FINALE

#### Stockholm, Sweden

28th	S	C	Alysson Marshall
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### FIS WORLD CUP

#### Lahti, Finland

37th	S	C	Alysson Marshall
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### FIS WORLD CUP

#### Dusseldorf, Germany

38th	S	F	Alysson Marshall
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Fischer RCS sk/d .....\$399

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