


## Whistler Nordics AGM



**ANNUAL GENERAL MEETING**

**Wednesday, October 15th, 2008**

**6:30 pm**

**Spruce Grove Field House**

**Guest speaker, Entertainment & Snacks!**

**WN is proud to present Amy Caldwell as our guest speaker at the AGM**

Amy is head coach for the Callaghan Valley Training Centre.



Amy Caldwell

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### Early Bird Memberships

Purchase by Oct 15th and save! See attached forms. Fill out the attached registration, membership and liability waivers and mail or bring them to the AGM.

## Coaching Courses in Whistler

**Whistler Nordics is looking for more coaches.**

All our coaches are certified. To be able to coach a group you will need to take a coaching course. The first coaching course is coming up in October.

**Introduction to Community Coaching**

October 17th –18th

**Community Coaching including AWAD**

Nov 28th—30th

Contact Maria Lundgren if you are interested:

604.906.1081 or  
coach@whistlernordics.com



## Skill Development Program

The new SDP program is available at the website <http://www.whistlernordics.com>

With the growing popularity in our club, we'd like to remind you to **sign up soon!**

**NEW!!** This year the WN will hold SDP sessions both at Lost Lake & Whistler Olympic Park.

The program at WOP is on Saturdays and runs from **November 29** to March 28. The program at

Lost Lake is on Tuesdays and starts on **January 6** and finishes on March 10.

For more information about the SDP program, please contact our Tuesday SDP coordinator

Margot Murdoch at:  
[mblebrun@telus.net](mailto:mblebrun@telus.net)

### SDP Coordinator!!

Whistler Nordics are looking for someone who is willing to be the SDP Coordinator for Saturdays.

Please contact Maria or Margot for more information.



## Officiating Course

### Level I Course

Location: Whistler

Date: Nov 7-8

Price: \$55

This is a 10 hour course that provides an overview of that a cross-country ski competition is all about.

The focus is on the duties of minor officials for both Olympic Style (interval start, pursuit start, mass start, relays and sprints) and Loppet style (mass participation) competitions.

To sign up please contact Maria at:

[coach@whistlernordics.com](mailto:coach@whistlernordics.com)

*"Winning is about heart, not just legs. It's got to be in the right place."  
- Lance Armstrong*

## Whistler Spirit Run

Whistler Spirit Run and Festival will be held on the weekend of September 27 and 28 at Whistler Olympic Park.

The inaugural Whistler Spirit Run and Festival is a two day cross-country and trail running event. Saturday's cross country event include age groups from children to masters and Sunday is a 10 km fun trail run open to

participants of all ages and abilities.

For more information and to register visit:

<http://www.whistlerspiritrun.com>



## Whistler Nordics Ski Club

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[www.whistlernordics.com](http://www.whistlernordics.com)

### About Us

Whistler Nordics Ski Club is a non-profit organization formed to help make cross country skiing available to all members of the community. We hold events at the Lost Lake Cross Country Trails and the Whistler Olympic Park. We've been hosting events for thirty years now and are enjoying new growth as the Olympics approach.

Whistler Nordics have a membership base of approx. 220 cross country skiers of all ages, abilities, and interests. Club programs and activities are largely organized and delivered by volunteers with support from our head Coach and Executive Director.

## Adult ski program & Twoonie Race Series

**The adult ski program are coming back this season!**

We will be offering weekly Interval Training and Learn to Loppet coaching for members of Whistler Nordics starting in December.

More information will be sent out soon!

### Thursday Twoonie Race Dates:

Dec 18th, Jan 8th, Jan 15th, Jan 22nd, Jan 29th  
Feb 5th, Feb 12th, Feb 19th, Feb 26, Mar 5

This year members will have the chance to sign up as "race hosts" for the Twoonie Race. A sign up list will be available at the AGM.