

Dear Past and New Whistler Nordics Members

Snow is dusting the mountain tops and the ski season is just around the corner. The Whistler Nordics Executive has been busy planning the winter season programs. See information below on Masters Clinics, Coaching Workshops, the Ski SWAP, early bird memberships, the AGM on October 20th and much more...

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Membership

Early bird memberships now available, join now before the Early Bird Deadline on 20 Oct. Purchase your membership online at www.zone4.ca/register.asp?id=1303 or follow the links on the website: www.whistlernordics.com

Club Membership Fees	Early Bird	Regular
	(Up to Oct 20)	(After Oct 20)
Individual child (<19) or senior (> 65)	\$15	\$25
Individual adult (> 19)	\$25	\$40
Family (up to 3 members)	\$50	\$80
Additional Members	\$10	\$15

Dates for your diary

Oct 20: Whistler Nordics Annual General Meeting

Oct 27: Wednesday Evening Masters advanced program commences

Oct 30: Ski SWAP

Nov 14: Last day to purchase Early Bird Trail passes

Nov 25: Thursday Morning Masters Tune Up program I commences

Nov 27: Saturday Kids SDP Program at Whistler Olympic Park commences

Coast Cup Series:

Dec 11 - Coast Cup #1 (Hollyburn, WOP)

Jan 8 - Coast Cup #2 (Whistler Nordics, WOP)
Jan 9 - Coast Cup #3 (Spud Valley Nordics, WOP)
Feb 12 & 13 - CC#4 & 5 (Strathcona, Mt Washington)

Jan 4: Tuesday Kids SDP Program at Lost Lake commences

Jan 5: Wednesday Morning Masters program at Lost Lake commences

Jan 6: Thursday Morning Masters Tune Up program II commences

Feb 17: Thursday Morning Masters Tune Up program III (Master's Spring skiing) commences

Feb 26: P'ayakentsut/World Loppet at WOP

Mar 3-11: Sparkling Hill Masters World Cup in Sovereign Lake www.mwc2011.com

Notice of 2010 AGM - Come check out the new Passive Haus

- **Wednesday, 20 October, 2010, 6:30 PM @ Lost Lake Passive Haus**
- See our website for agenda and volunteer club positions open for election
- Please park in Lot 5

We look forward to seeing you there!

Coaches Corner

"It has been a great summer with lots of good training for the Whistler Nordics DEVO team. The athletes have been doing roller-skiing, ski striding, orienteering, running and core strength together with the team throughout the summer. The summer is the time when the cross country skiers build their "base" for the winter, this is the time to invest in good training and you will ski fast in the winter. But summer is also the time when you should relax and enjoy time with your family and friends.

When the fall starts and the athletes are back in school it is time to step up the training volume. Now is the time to improve your strength and spend lots of time out on the trails. The Whistler Nordics DEVO team are training three times per week as a group and another two or three sessions on their own. We are attending a Regional Camp this weekend and I am looking forward to work with the athletes during a few busy days filled with training. The team is getting well prepared for the winter and I am really excited to follow the athletes this season".

Maria Lundgren

Head Coach

FREE Dryland training for SDP kids!

- Sunday Oct 24th - introduction to roller skiing. Meet at the Callaghan beside the gate/entrance.
- Saturday Oct 30th, dry land training and SKI SWAP - meet at the Hilton @ 10am
- Sunday Oct 31st - roller skiing or ski striding
- Sunday Nov 7th - TBA
- Sunday Nov 14th - TBA

Time: 3:00pm-4:30pm

More info on where to meet and what to bring will be sent out beforehand.

Athlete News

Congratulations to Jenya Nordin who has been selected to join the **2010-11 BC TALENT SQUAD**. The program is designed for athletes in the "Training to Train" stage of the Canadian Long Term Athlete Development (LTAD) model, and is a "feeder" program to the BC Development Squad.

Masters Classes Announced

Get in shape or improve your technique with the Nordic Master's classes:

Wednesday Master's advanced program, Whistler Olympic Park and Lost Lake

- Cost \$200 - 19 sessions
- Technique - Skate skiing
- **Dry-land:** 4 early season dry-land sessions at Meadow Park sport centre with strength training coach. 7:00pm-8:30pm (Oct 27-Nov 10, 2010). Meet at front of Meadow Park.
- **On-snow:** 15 on-snow (weather dependant) sessions at Lost Lake and Whistler Olympic Park. 6:00pm-7:30pm (Nov 17, 2010- Mar 2, 2011).
- Gear up for Master's World Cup in Sovereign Lake on March 3-11, 2011
- Personalized training program (strength training and on snow)
- Advanced skiers

Learn more about the Sparkling Hill Masters World Cup in Sovereign Lake on March 3-11th, 2011. Visit the website www.mwc2011.com.

Wednesday Morning CLASSIC program at Lost Lake

- Cost \$80 CAD - 6 Sessions
- Technique - Classic skiing
- Dates; Jan 5, 12, 19, 26, Feb 2,9
- Time: 9:00am-10:30am
- Intermediate skiers

Thursday Tune Up program I, Whistler Olympic Park

- Cost: \$90 CAD
- Dates: Nov 25th, Dec 2, 9, 16, 23, 30
- Time: 10am-12pm
- 6 sessions (3 sessions classic skiing/ 3 sessions skate skiing)
- Intermediate to advanced skiers

Thursday Tune Up program II, Whistler Olympic Park

- Cost: \$90 CAD
- Dates: Jan 6, 13, 20, 27, Feb 3, 10
- Time: 10am-12pm
- 6 sessions (3 sessions classic skiing/ 3 sessions skate skiing)

- Intermediate to advanced skiers

Thursday Tune Up program III (Master's Spring skiing), Whistler Olympic Park

- Cost: \$90 CAD
- Dates; Feb 17, 24, Mar 3, 10, 17, 24
- Time: 9am-11am
- 6 sessions (3 sessions classic skiing/ 3 sessions skate skiing)
- Intermediate to advanced skiers

Register online at Zone 4: www.zone4.ca/register.asp?id=1303. Note you will need to be a member to take a Masters class. Places are limited so sign up now!

IMPORTANT - Masters Clinics are not for beginner skiers, they are for intermediate/advanced skiers to improve their skiing. All participants will be expected to ski from the Lost Lake ticket booth round the lake and back without stopping. Please visit www.crosscountryconnection.ca or www.whistlerolympicpark.com for beginner lessons to get you started.

Cross Country Connection Beginner Classes take place in Jan and Feb and would be a good springboard into the Masters Program. Each session is 2 hrs:

Learn to Skate Ski:

<http://register.whistlerisrecreation.com/Activities/ActivitiesDetails.asp?ProcessWait=N&aid=636>

Skate Skiing the Next Step:

<http://register.whistlerisrecreation.com/Activities/ActivitiesDetails.asp?ProcessWait=N&aid=637>

WNSC Toonie races

The Toonie race series resumes this winter, enjoy the Thursday night race and social après on local cross-country ski trails.

2011 Toonie race dates: Jan 6,13,20,27 Feb 3,10,17,24, Mar 3,10

Volunteer Toonie Coordinator Needed

Are you a sociable local who'd like to get to know the business community or has existing links with the local business community?

The Whistler Nordics are looking for a Toonie Coordinator to coordinate the races, liaise with local businesses to secure race/draw prize sponsors and après locations/sponsors for the season. This is a fun volunteer role and administrative support is provided.

Nordic Coaching & Officials Courses

Want to expand your skill set, improve technique or become a volunteer coach once a week? Sign up for a National Coaching Certification Program (NCCP) course:

- Oct 1-2 NCCP Intro to Community Coaching (ICC) Workshop
- Oct 22-24 NCCP Learn 2 Train Dry-land (L2T) Workshop

- * Prerequisites: ICC & CC Workshops *
- Nov 5-7 Officials Level 1
- Dec 3-5 NCCP Learn 2 Train (L2T) On-Snow Workshop
* Prerequisites: ICC & CC & L2T Dry-land Workshops *
- Dec 10-12 NCCP Community Coach (CC) Workshop
* Prerequisites: ICC Workshop *
- Please email admin@whistlernordics.com to register and for more details.
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Call for Volunteer coaches

The Whistler Nordics Ski club are looking for volunteers to help coach in the youth Skill Development Program. We have a wait list of children wanting to take part in the program and are looking for volunteers who can spare 1.5 / 2 hours a week to coach and ski with the kids:

Tuesdays 4.30-6pm at Lost Lake (Jan: 4,11,18,25, Feb: 1,8,15,22, Mar: 1,8)

Saturdays, 10am-12pm, Whistler Olympic Park (Nov: 27, Dec: 4,18, Jan: 8,15,22,29, Feb: 5,12,26)

Why volunteer?

- **Improve your ski technique** - receive coaching technique sessions from Head Coach Maria Lundgren (former Swedish Junior National Ski Team athlete).
- **Grow your skill set** by participating in FREE coaching (and officials) workshops that will also benefit your skiing. Whistler Nordics cover the course fees of coaches who coach for a season with the club - 1 level per year.
- **Receive coaching ideas** and training session with experienced volunteer coaches.
- **Share your passion** for Cross Country skiing/Nordic sports - there are many enthusiastic children wanting to learn / improve their Cross Country skiing.
- **Receive an honorarium** to cover your trail pass for the area you will coach at.
- **Fulfil a desire** to volunteer and support your local community's needs.
- **Experience** plenty of warm fuzzy moments and laughs with the kids and other coaches.
- **Teenagers 16+** can coach to learn leadership skills and fulfil their High School volunteer hours.

To volunteer email admin@whistlernordics.com

Kids Programs

The Skill Development Program is currently oversubscribed and a waitlist is being held. For details of the program visit www.whistlernordics.com and email admin@whistlernordics.com to add your child to the waitlist.

Equipment/ Ski SWAP

Do you have cross country equipment that you have outgrown or you're planning to replace?

Parents, have your kids tried on last season's boots and clothing? Are your kids skis still the right length/style?

Bring along your equipment and clothing to sell at the **Whistler Nordics Ski SWAP on Oct 30** at the Hilton. There will logo wear for sale, stands from local retailers, staff on hand to help you choose the right equipment, and a free dry land training session beforehand. More details to follow...

Different Bikes, West Vancouver extends 10% off to all WNSC members on regular season pricing!
www.differentbikes.ca



Exercise Induced Asthma - by: SIRC

Do you find yourself coughing, wheezing and short of breath when exercising? Athletes and exercisers are finding themselves breathless due to more than just exertion. Exercise-induced asthma (EIA) is becoming more prevalent in both asthmatics and non-asthmatics.... For more information click on:

<http://www.cccski.com/main.asp?cmd=doc&ID=6893&lan=0>

Educational Community Event Notice: "Journey to a Healthy Existence"

Educational Community Event Notice: Upcoming presentation that is of interest to all who play to live, and who coach those who love to play.

Dr David Phillips will be presenting "**Journey to a Healthy Existence**" at the Whistler Golf Club on Thursday October 28th.

Like most Whistlerites, Dr. Phillips loves to play. He competed individually in national and international triathlons including the 2005 Ford Ironman World Championships and qualified as a member of Team USA at the 2008 International Triathlon Union World Championships in Vancouver. When he works, he practices Sports Medicine!

Dr. Phillips will share how exercise and proper nutrition can affect our quality of life and how we can obtain maximum performance and recovery from our workouts.

Whether you are a medical professional, coach, athlete, competitor, or just interested in fine-tuning your health, Dr. Phillips will make clear some valuable strategies for you and your daily training plan.

DATE: Thursday **October 28, 2010**

TIME: 7:30 – 9:00pm (Doors open at 7:00)

LOCATION: WHISTLER GOLF CLUB

4001 Whistler Way, Whistler, BC, V0N 1B4

FREE PARKING available at the Whistler Golf Club

RSVP to reserve **COMPLIMENTARY TICKETS**

NOTE: Seating is limited

CONTACT: Kim Fournel (604)935-2480 kim@care2b.ca

More details on the website: http://www.care2b.ca/main/page_events.html

This is an Educational Community Event.