

September 2007

Early Bird Memberships

Purchase by Oct 11th
and save! See attached
forms.

New Improved Website

Our revamped website
will be ready by the end
of September!

Meantime you can fill out
the attached registration,
membership and liability
waivers and mail or
bring them to the AGM.

ANNUAL GENERAL MEETING

Thursday, October 11, 2007

6:30 PM

Myrtle Philip Community School

Entertainment and Snacks!

Coming soon...

Dryland Day with Amy Caldwell

And the National Development Team. Tentative
date is Sun October 14 – stay tuned for the
exact place and time!

Club Jackets and Suits

Have arrived and are being crested as we
speak. Will let those of you who ordered them
know when they will be available for pick-up.

Fall Dryland

We will be offering dryland for Track Attack SDP
kids during Oct and Nov – more info will follow.

Skill Development for Kids

See page 4

Officiating Courses

Level 1: Oct 12 & 13th

Level 2: Oct 26 – 28th

Online Schedule:

<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=1778>

Contact Karen Blaylock if you are interested:

604.932.5603 karen@whistlernordics.com

Coaching Courses

Introduction to Community Coaching:

Nov 16 & 17th

Community Coaching:

Nov 23 – 25th

Online schedule:

<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2323>

Contact Karen Blaylock if you are interested:

604.932.5603 or karen@whistlernordics.com

Summer Review

Grouse Grind with Chandra Crawford

In June Akiko Clarke attended the Grouse Grind 'Meet the Team' dryland session with Chandra Crawford. The first thing they did was to climb the Grind, then Chandra held a dryland session where she gave tips on technique and how to 'make the team'!



Dryland with Maria

Our new visiting coach, Maria Lundgren held three dryland sessions for Whistler Nordics kids 8 and older this summer. The sessions took place on the Lost Lake trails and included a combination of fun races, treasure hunts and games, plus tips from Maria on how to train.

Maria brings her experience as a member of the Swedish National Team and as a coach for the Savast Ski Club.



Whistler Nordics Member Deals

Whistler Nordics members are being offered excellent rates at the Cross Country Connection on seasonal equipment rentals.

\$50.00 (12 yrs & under)

\$99.00 (youth 13-18)

\$150.00 (adults)

Adult Ski Sessions

We will be offering weekly **Interval Training** and **Learn to Loppet** coaching for Whistler Nordics members starting in January. Days still to be decided, so if you have a preference, let us know. Email: karen@whistlernordics.com

Sponsorship

Many thanks to **Haywood Securities Inc**, for their continued generous sponsorship in 2006 – 2007. Haywood's sponsorship has allowed us to

improve the quality of the programs our Club offers for children.

Grants ...

Whistler Nordics applied for and received grants from the **Resort Municipality of Whistler** (*Community Enrichment Program*) and **Whistler Blackcomb Foundation** this year.



The CEP grant will allow us to continue to expand our coaching programs for children and administer programs to support the future of cross country skiing in the community.

The **Whistler Blackcomb Foundation** grant will be used to purchase timing equipment for our racing department so we can continue to offer quality events for all members of the community.



Partnerships...



We are pleased to have partnered with the **Whistler Adaptive Sports Program** to ensure all athletes equal access to events such as the Loppet, Twoonie Races and Coast Cup. For more info on WASP, visit

<http://www.whistleradaptive.com>

We also partnered with the Comfortably Numb Trail Race, Whistler Valley Trail Run and Whistler Triathlon Club to purchase a megaphone this year... so you can hear us better!

Twoonies

Yes, Munro is back for another season! The first Twoonie of the season will be the 2nd Annual 'Natty or Nice Reggae Christmas' on Thu, Dec. 20, 2007. Also be prepared for the First Annual Callaghan Valley Twoonie tentatively scheduled for Sun, Jan 27, 2008.

30th Annual Whistler Loppet

Will be Feb 24, 2008 and will remain the same course as 2007.

Coast Cup # 3

Feb 17, 2008 in the Callaghan Valley. This new location and course is sure to be a hit.

Callaghan Valley – Whistler Nordic Training Centre

We hope to coordinate a few of our Track Attack training sessions with the Squamish Nordic Ski Club and Hollyburn Ski Club in the Callaghan Valley this winter. This will give older WNSC kids the chance to meet other kids, get some different coaching and try out the new trails.

Whistler Nordics Skills Development Program Outline

'A' Bunnyrabbit (Active Start 4 -6 yrs old) \$55.00

- Bunnies booklet
- Cross Country BC (CCBC) Program gift
- Sundays 10:30 - 11:30 am, 8 sessions starting in January
- Parents are asked to help with an on-snow session and an apres ski snack.

'B' Jackrabbits (6 & 7 yrs old) \$55.00

- Jackrabbit booklet
- CCBC Program gift
- Sundays 10:00 - 11:30 am, 8 sessions starting in January
- Parents are asked to help with an on-snow session and an apres ski snack.

'C' Jackrabbits (8 - 12 yrs old) \$85.00

- Jackrabbit booklet
- CCBC Program gift
- Sundays 10:00 - 11:30 am, Thursdays 4:45 - 6:00 pm, 8 weeks starting in January.
- Dryland training - Sunday afternoon, Sept 30 - November 25th (dates tentative)
- Parents are asked to help with an on-snow session and an apres ski snack.

'D' Track Attack (10 yrs old & up) \$85.00

- Track Attack booklet
- CCBC Program gift
- Sundays 10:00 - 11:30 am, Thursdays 4:45 - 6:00 pm, 8 weeks starting in January.
- Dryland training - Sunday afternoon, Sept 30 - November 25th (dates tentative)
- Parents are asked to help with an on-snow session and an apres ski snack.

'E' Thursdays only group (8 yrs old & up, experienced skiers only) \$55.00

- Thursdays 4:45 - 6:00 pm, pre-Loonie race session, 8 weeks starting in January.
- CCBC Program gift.

Whistler Nordic Ski Club membership and Lost Lake Trail passes are **MANDATORY**. They are not included in the above fees. Please complete a WNSC membership form.