

Whistler Nordics: November 23rd, 2011 Newsletter

Last week's perfect storm blanketed the Callaghan Valley just in time for some excellent weekend skiing - waxable classic at its best! Don't forget - tomorrow is the deadline to purchase your XC pass at early bird rates.



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Nordic News

Nicklaus North Trails

The Whistler Nordics have been busy advocating for the retention of some grooming on the Nicklaus North trails (slated for elimination this year). The club made a presentation to Whistler Council and met with RMOW staff to discuss the options. The results of this meeting should be made public soon.

Ski SWAP

With your help, our busy Ski SWAP was a great success with revenues almost doubling those of last year. Thank you to those who attended this exciting event and for helping to support the club's youth programs.

SDP Starts Saturday

This Saturday is our first on-snow session for those enrolled in the Skill Development Program at Whistler Olympic Park. All parents should have received a 'start up info package'. Contact admin@whistlernordics.com if you didn't.

Come and check out the kids on Saturday morning (10am-12pm) doing a variety of fun stations around the stadium as a warm-up to the season.

While most of the classes are full, there is still room in the Bunny program for 5 year olds. This is a great program to introduce kids in a fun way to cross country skiing (while mom and/or dad go for their own 2 hr ski) and 5 year olds ski for free at WOP.

You can register for this program on [Zone 4](#).

***A big thank you to Alison Iles of Backroads for donating a waterbottle for every child in the SDP. That's 100 waterbottles!!! ***

COACH NEEDED: There has been a demand for a Bunny program weekdays after school. The club is looking for a volunteer that can coach ~7, 5 year old Bunnies on Wed's or Thurs's from ~4:30-6pm. Please contact admin@whistlernordics.com if you are able to help us out or know of someone who might.

Masters On-Snow Starts

Shortly after the kids, the adults start their on-snow sessions with the Wednesday night Masters Skate classes starting up on Nov. 30th at Whistler Olympic Park. We have opened up some more spots in this popular class now that the falling snow has prompted some to dig out their skinny skis. New this year is the option for beginner skate skiers to try it out with our qualified coaches.

As well, there is still room in our 6 session Thursday morning skate/classic Tune Up courses that run throughout the winter.

You can sign up for any program at [Zone 4](#).

Whistler Nordics Team Update

The growth of the Whistler Nordics and our youth programs is made possible by the grants we receive from our generous sponsors. The club recently received a grant from the Community Foundation of Whistler that will enable our higher level Development Team to purchase heart rate monitors. With all the training that these athletes do, it is important for them to keep track of their output during sessions so that they do not under- or over-do it, which these heart rate monitors can help with.

Here are some of our Devos training last week up at Whistler Olympic Park.



Some of our Devos and 'mini-devos' will be heading up to the Callaghan Lodge this weekend for a Classic Camp.

To keep everyone updated on the activities of our youth teams, our Vice-President Brent Murdoch has again created an informative yet picturesque collage:

November 21, 2011



Time to clear out the cob webs, scrap the skis and put all that dryland stuff away, because winter has arrived. The snow line has finally made it down to the Valley and given us our first real snow fall of any significance. Thankfully the Whistler Olympic Park has made an exception for a few of the local training groups to access some of trail network in and around the main stadium.

This last week was the first on snow camp of the winter at Whistler. The Callaghan Valley Training Center, BC Development Team, BC Team and a few athletes from the BC Talent Squad participated in some early season training (pictured are Austin Reith, Nicki Murdoch Jenya Nordin and Lauren Doak)



The athletes had a chance to work on both classic and skate techniques and even had a short time trial around the Biathlon trail network.

Pictured above is Nicki, finishing up her 5km lap, Lauren and Jenya pre-race. All of the athletes did well in tough powdery conditions, great for big rocker / banana skis but a bit tougher for skinny skis. All the work over the last few months was proven to be a great base, as their finish times were all up near the top of the board.



Even managed to get a few keen Track Attack racers out for their first time on snow for the year. Always great to have the more experienced athletes around showing them how its done. Great way to start the year... but then again with winter days this beautiful what's not to like. Pictured Benita Pieffer, Michael Murdoch, and Fraser Doak.

On a final note the Whistler Nordics would like to thank all those that came out and supported us at our Ski Swap. The Club raised \$4155.00 with sales of skis, boots, poles, soft goods and a few savoury treats from the Devo Team. A special thanks to the Delta Village Suites and Tim Koshul for providing such great support in getting us a great venue to host the event. Whistler Olympic Park opens this coming weekend.....see you all on the trails.

Instructing & Para-Coaching

WOP Opportunity

A good way to improve your technique and become qualified to teach cross country skiing to adults is to become CANSI certified.

For this season, Whistler Olympic Park is recruiting CASUAL CANSI CERTIFIED SKI INSTRUCTORS.

If you aren't certified, you can take the Level 1 CANSI course being offered in Whistler at Lost Lake on Dec. 10 & 11 or up at WOP on Dec. 17 & 18. The early bird price for the Dec. 10 & 11 course ends on Nov. 27th.

If you are interested in taking this course or working for the ski school at WOP please contact Bill Moore at wr.moore@live.com

Para-nordic Coaching

If you've ever thought about helping to coach para-nordic athletes – from sit skiers to sight impaired skiers - this program is for you.

Whistler Olympic Park is hosting a 3 hr training session (part of the ACE program) on Dec. 11th that will train coaches to work with physically challenged skiers. The course is all on-snow and only costs \$25.

Following the training session, you can practice what you've learned when WOP hosts three "Skiing Is Believing" sessions for disabled skiers (Dec 17, Jan 11 and Feb 8). If you volunteer to coach at one of these sessions, your \$25 course fee will be refunded.

For further information you can contact Jamie Stirling, Nordic Racers Head Coach, at jstirling@eba.ca or find out more information at <http://www.nordicracers.ca/paranordic.html>

Races

Volunteers

This winter will see several Nordic races, from local to international, take place in Whistler.

Mark your calendars for our two club run races:

The Coast Cup #2 on Jan. 29th at WOP

The Lost Lake Classic on Feb. 12th

We are already in the process of planning for these races and are currently looking for volunteers to help us out. We need people in the areas of Chief of Race, Timing and Stadium as well as those willing to just help out where they can on race day. Helping out at races is a great way to be involved in the excitement without having to worry about waxing! To add your name to the list of volunteers please email admin@whistlernordics.com

Race Notice

Be part of the first XC race of the year in Whistler...

Coast Cup #1 – Whistler Olympic Park Sunday, December 4, 2011

Join us for this year's Coast Cup #1 at Whistler Olympic Park, site of the 2010 Olympic and Paralympic Games! The race is designed as an introductory race to start the season off, with relatively short distances ranging from under a kilometre for Atoms to 6 and 8 kilometres for adults. We are offering courses that can be enjoyed by children, their parents and both recreational or dedicated racers. Adaptive categories for sit-skiers and standing adaptive skiers are also offered.

Note that the Callaghan Valley Training Centre team will be using this event as a training race.

Date: December 4, 2011

Time: 11:00 a.m start

Technique: Free technique (skating or classic)

Race Notice: http://www.hollyburnxc.ca/files/race/cc1_2011_racenotice.pdf

Registration: On Zone4 at <https://zone4.ca/onlinereg.asp?id=4114&lan=1>

Registration Deadline: December 1, 2011 at 9:00 p.m. **(absolutely no exceptions)**

Volunteers sign up at: <https://zone4.ca/reg.asp?id=2246>

Twoonie Races

The Twoonie races are fast approaching with our first one taking place on Jan. 5th. Everyone taking part in a twoonie has to be a club member so if you aren't yet, register [online](#) now to avoid day of race hassles.

If you would like to sponsor a race and get some great exposure in the community, or simply volunteer one of your evenings to this fun, low key, old school Whistler experience, please contact craig@mackenzieandco.com

See you on the snow!

Tobi Henderson