

Whistler Nordics: October 20th, 2011 Newsletter

Remember winter?



It's coming soon! In this newsletter you will find information on the Ski SWAP, Officials courses, enhanced Masters classes and more. As always, you can visit our website for more details at www.whistlernordics.com

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2011 Annual General Meeting

Thank you to all who came out to our Annual General Meeting. You can view the minutes by visiting our website at www.whistlernordics.com

We were fortunate to have all of our board members stay on for another year, but this might not be the case in the future. Please contact admin@whistlernordics.com if you would like to be kept in the loop on our Board Meetings if you are interested in taking on a Director's role in the future.

At the end of the meeting there was a draw for two free P'ayakentsut Race entries and Cheryl Morningstar and Benoit Reneault were the lucky winners!

Ski SWAP

Mark your calendars for this popular event happening in two weeks!

When: Sunday, November 6th, 2011

Where: Hilton Whistler Resort and Spa

Schedule: 9-10am Vendor set up
 10am-12pm Drop off your gear that you wish to sell
 (The sale tags will be \$2 each.)
 (10-11:30am Dryland training session for youth and adults.)
 12-3pm SWAP and Devo Bake Sale
 3-4pm Pick up money/unsold items
 (The Whistler Nordics will keep a small portion of all sales as commission.)

Payment methods: Please bring **CASH** for your purchases.

Remember the SWAP is also the last day to purchase your membership at a discounted rate.

2011/2012 MEMBERSHIP PRICING

	Early Bird	After SWAP (Nov 6 th)
Child < 19 yrs	\$15	\$25
Adult	\$30	\$40
Family x 3	\$60	\$90
Additional Family Member	\$10	\$15

To purchase online go to <http://www.zone4.ca/info.asp?cmd=ce&id=245>

Officiating – Last Day to Register for Officials Level 1 Workshop

Did you watch the Olympics? Do you enjoy going to see local XC races? Imagine being right down in the stadium with the world class athletes! You can stand right amongst these athletes, and our own local hot shots, by becoming a Race Official. Our club is putting on the first two coaching courses this fall so you can become qualified to help out with races.

Tomorrow is the last day to sign up for the first course: Officials Level 1 which is set for Oct 29th at the Lost Lake Passive House - contact admin@whistlernordics.com to sign up.

Some of the races you can help out with this year include the Noram/World Jr. Trials (Jan. 12-14) and the P'ayakentsut (Feb. 25th) as well as the 2013 Haywood Nationals next year. All of these races are being put on by the Callaghan Valley Cross-Country Ski Club (CVCCSC) which is a society made up of members from Whistler Nordics, Spud Valley Nordics, Hollyburn XC Ski Club, Nordic Racers and Squamish Nordics. We are joining forces to host high-profile events, showing that Whistler Olympic Park is a good investment. It is hoped that this will help enhance our regional athlete development as we see a continued growth in our sport. To put on these races requires a lot of help and the Officials courses give you the confidence you need to get involved.

The Officials Level 2 Course will take place Nov. 4-6th at Whistler Olympic Park. Again, contact admin@whistlernordics.com to register.

To find out more about volunteering at races at Whistler Olympic Park, with or without your Officials ticket, you can visit their website at <http://callaghanxski.ca/>

Helping out at races can also mean assisting behind the scenes. Margot Murdoch is looking for people to billet visiting Race Chiefs/Volunteers during the Norams/World Jr. Trials from Jan 11-15th 2012. If you have a spare bed or two please contact Margot at mblebrun@telus.net

Coaches Update

Due to the strong interest in our Skill Development and Masters Programs the Club is pleased to announce that we will be hiring an Assistant Coach to help out with most of our programs this winter.

Reminder: There will be a coaches meeting next Tues. Oct 25th from 6:30-8pm at the Lost Lake Passive House. This meeting is meant for those coaches already committed to those who are keen to help out in any way this winter. We could still use a few coaches or assistants on Tuesday and Thursday nights and Saturday mornings.

Masters Program

The Masters program has gotten off to a great start this season with dryland training sessions already taking place at Meadow Park for the Wed. night skating group. There are still a few spots open in the class - email admin@whistlernordics.com if you are interested in joining.

We have also been able to open more spots in our Thursday morning Tune Up classes due to popular demand and we will also be offering an **On-Snow Only Wednesday night skating class** that will accept Masters from struggling intermediates to those more advanced.

Devos and SDP Update

Not to be outdone, the kids already have a head start on the adults in the dryland category. Our Devo and SDP kids have been attending dryland training all fall as shown in the photo collage below.

If you have a child registered in a Skill Development Program this winter you can expect to be contacted by their coach by early November. Their coach will let you know what to expect this winter and how to be best prepared for each session.

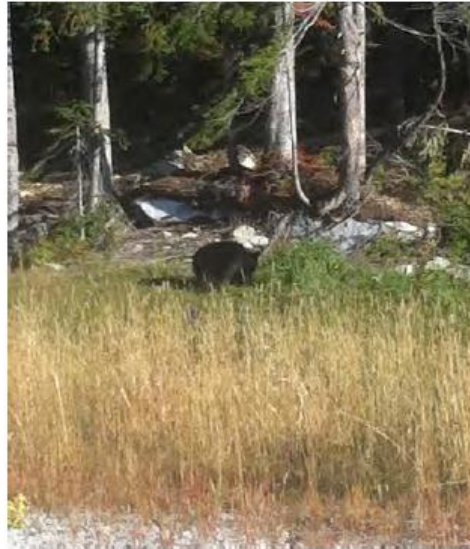
Our first SDP sessions are coming up very quickly – Saturday November 26th is our first day of classes up at Whistler Olympic Park!

October 17, 2011



Crispness in the air and snow on the local mountains can only mean that winter is around the corner and xc dryland season is in full swing. Whistler Nordics have been training hard since the spring and ramping up the intensity now that the snow isn't far off.

Some locals may be fattening up for winter but the Whistler Nordics have been hard at work preparing to build upon last seasons successes.



New this year for Whistler Nordics is the introduction of a track attack race team and a dryland program tailored to their level. The track attack team is seen as a way to create a transitional experience for those athletes interested in the racing culture of XC skiing. The program will focus on creating a fun team environment in which to improve technique, fitness and introduce track attack age kids to the other regional races throughout the province. Pictured is Coach Camille going over technique with members of the Track Attack Race team.



Its not hard to train on the world class roller ski trails at the Whistler Olympic Park, a world class setting for the nearly 5 km of paved track. Many teams of athletes have trained on the very same trails over the summer and fall including members of the Senior National Team just a week earlier. Pictured is Lauren Mckay working on shifting her weight and working her legs

Nicki Murdoch working out with the Track Attack team back to basics ... ditch the poles and work the legs



Three cheers for winter lets get ready for a great season.Pictured is the Midget championships relay team celebrating after a podium placement.
(Ian Davidson, Sam Johnston, Michael Murdoch & Fraser Doak)

As well our SDP youth had the chance to meet some of the National team members when they were here for a training camp.



Instructing

If officiating races or coaching youth isn't your thing, perhaps you would like to become certified through CANSI to teach cross country skiing to those new to the sport or working on their technique. There are a few courses taking place this year at Whistler Olympic Park:

Level 1 Nov. 26, 27
Level 1 Dec. 17, 18
Level 2, 3, 4 March 4 - 9

These courses are a great way to fine tune your own technique and learn some great strategies to teach those just learning. To register for these courses OR if you are a qualified instructor and want to put on your own course at a different date, contact admin@whistlernordics.com

Twoonie Series

We are in the process of getting organized for the Thursday night Twoonies taking place this January,

February and March. We could still use some sponsors for our Twoonie nights. This can be in the form of providing food and/or beverages and/or funds to purchase the former.

While following in the tracks of the popular WORCA “Loonies”, our Twoonie races draw a smaller crowd of people in a cozy setting. If you would like to sponsor a race and get some great exposure in the community, please contact craig@mackenzieandco.com

See you on the trails!

Tobi Henderson