



CALEDONIA NORDICS NEWSLETTER

www.caledonianordic.com

Volume 10, Issue 1 Newsletter of the Caledonia Nordic Ski Club September 2005

People. Meeting people. Making friends with people. Watching little people become big people. Watching big people become little people. This is what crosscountry skiing and the Caledonia Nordic Ski Club are all about.

Welcome to the beginning of the 2005/2006 season. Dates to keep in mind: The Annual General Meeting of the Caledonia Nordic Ski Club will be held Wednesday, September 21, 2005 7:00 pm at Rotary Lodge/Otway. The Open House and Ski Swap will held together on Saturday, November 05, 2005 9:00am-1:00pm at Rotary Lodge/Otway. Drop off items for the Swap on Friday evening at 5:00-8:00pm. Volunteers are always needed and appreciated – please contact Gillian Recknell at 562-5500 to help out. Friday night and/or Saturday volunteers will have the opportunity to pre buy at the Swap ensuring first choice. After a few more minor items to finish up, our new and improved Rotary Lodge will soon be available for bookings. For more information on facilities bookings, contact Shane Hoehn at Stride and Glide Sports at 612-4754.

FROM THE PRESIDENT

Caretakers

Most of you are aware that the trailer located in the trees beside the Nightrider hill belongs to and is the home of our caretakers. For the last three years our caretakers have been Bryce Cox and Tisha McGregor. Bryce and Tisha have now decided to relocate to the Pemberton area so that Bryce can focus on his guiding business there and, as a result, the club is looking for new caretakers.

The caretaker position is open to someone who is willing to purchase the trailer from Bryce and Tisha, live at Otway, carry out the caretaker duties and share the aims and ideals of the club. Anyone interested should contact Bryce or Tisha at 604-894-5210, or Tim at 561-7424.

Executive Positions to be Filled

After three years and four months as president, Tim Roots term as president of CNSC will come to an end at the AGM on September 21. Susan Bond, our current vice president has agreed to let her name stand for the president's position. This leaves a position vacant on the club executive. Anyone who is interested, or knows of anyone who would be interested in filling the vice president position, or any other position on the club executive should contact a member of the executive.

AGM

The Caledonia Nordic Ski Club will be holding its Annual General Meeting on Wednesday, September 21, 2005 at 7:00 pm. All club members are strongly encouraged to attend the AGM. This is your opportunity to voice your opinions to the club executive, discuss the direction the club is taking, discuss the budget for the coming year with the executive and to put those people whom you would like to see on the executive in place.

Club Fees – What are you paying for?

At the June executive meeting the executive voted to increase the fees for the coming season. The increase for an adult member will be \$5.00. Considerable discussion was held at the meeting over this move between the positions that a) the current fees are as high as the membership will stand and b) the membership fees are too low to provide services that will attract members to the club. I would like to explain how much of each membership goes to each of the various services provided.

There are lots of reasons for belonging to the Caledonia Nordic Ski Club. I would hope the reason a decision to join would include: the desire to get outside in the winter and be physically active, to go X-C skiing in a very pleasant environment with groomed trails, to have a heated cabin with washroom facilities nearby, the availability of ski lessons for both young and old, and possibly the opportunity to compete, or provide one's children with the opportunity, to train their minds and bodies through competition.

The CNSC provides these opportunities through the Otway ski centre. Otway operates in a very similar manner to a small business: the services at Otway cost money to provide and the club budget is more than \$100,000 per year. The source of income is primarily membership fees with a small amount of income raised through activities such as the ski swap, lodge rentals and races. Work carried out and services provided at Otway are either paid for from club funds or volunteered by Club Members. The direction and administration of the club are carried out entirely by volunteers who donate hundreds of hours of their time each year.

To help explain how much of a membership fee goes towards each of the various services and other costs in the club budget, I am presenting a breakdown of various groups of costs from the budget for the coming year related to an adult membership fee.

	Revenue	Expense
Membership Fee	\$140	
GST		\$9.80
Insurance		\$15.71
Trails, Tracksetting and Lighting		\$32.34
Tracksetter Fuel and Maintenance		\$41.58
Lodge Maintenance and Heating		\$13.09
Club Administration		\$14.24
Program Support		<u>\$13.24</u>
Total	\$140.00	\$140.00

This is not intended to be an accounting of expenditures; club activities that are revenue neutral or make small profits have not been included. Anyone who would like more information is encouraged to attend the AGM.

As we approach the end of the summer, planning for the 2005/06 season is well under way. The intention of the club is to build on the success of the Canadian Nationals and maintain the momentum of the last year. The new Rotary Lodge is now complete and will be fully available for use this winter, complete with 1200 square ft. on each of two floors, kitchen, washrooms with running water and flush toilets, and a wide sunny deck facing the stadium. We will be holding the club Open house and Ski Swap in the new lodge on Saturday, November 05.

For the first time ever, rental skis will be available at Otway. We will have adult waxless, adult skating skis and childrens skis available for rent. We hope to be able to host school classes at

Otway for a days skiing as part of their PE program. See elsewhere in the newsletter for more details.

Biathlon BC has worked together with PacificSport and Legacies Now to bring a high level Biathlon Coach to Prince George. On behalf of the Caledonia Nordic Ski Club, I would like to welcome Knut Tore, Anne Grethe and Vinjor to Prince George from Norway. Knut Tore will be working with high performance biathletes and we hope we will also see him on the trails at Otway.

Parking Lot Attendants

Anyone interested in working as a parking lot attendant for the coming season should contact Tim at 561-7424.

Scholarships

A reminder to all those that are entering grade 12 this fall. The CNSC sponsors two scholarships for grade 12 graduates, the Mike Reid Scholarship and the Caledonia Nordic Ski Club Scholarship. The criteria for the scholarships and details of how to apply are available on the School District 57 web site at www.sd57.bc.ca. Follow the menu link to District Information.

Ski Equipment Rentals!

The Caledonia Nordic Ski Club will be offering a full range of rental equipment this year. We have purchased high quality skating and waxless gear from Rossignol for all levels of skiers.

The club is planning to offer childrens (waxless) equipment for rent for the duration of the Jackrabbit program. This option will allow parents to introduce their young children to the sport without the expense of buying first time equipment.

Please watch our future newsletters for updates on ski rentals, or call Gillian (562-5500) for more information.

School Program

The Caledonia Nordic Ski Club is currently developing a school-based ski program for elementary school children. The program will be aimed at children in grades 5 and 6 and will show students how to maximize enjoyment on the slopes and learn

- ❑ Safety on the trails
- ❑ Skills to be better skiers
- ❑ Develop social skills

For more information, suggested guidelines for programs, rates, and booking, contact Gillian at 562-5500.

BIATHLON

We are fortunate to have two very dedicated and awesome biathlon coaches at CNSC, Jeremy Campbell and Fiona Coy, who are now busy with dry land training and getting ready for the coming ski season. Each athlete in the Biathlon program is focused on meaningful personal bests, which are achieved by goal setting and working towards beating their previous personal best. So, although the biathlon team gets really great outcomes (medals etc), they are totally focussed on meaningful personal bests and de-emphasizing outcomes. The Biathlon team also emphasizes FUN, with lots of pizza nights, dry land training with games, backpacking, team travel, hamburger days, tacky toque night, etc. etc. If you are interested in Biathlon, please give either coach a call at 962-5440.

Dry land training begins in September and continues until the snow flies. Here is the schedule:

Interval training starting 5:00 pm Monday, September 12 at Otway and every Monday thereafter.

Intervals for 14 yrs to 80 yr old. Bring your poles.

Tuesday 5:30-7:00 pm at Edgewood Terrace. Challenge Rabbits and all age groups.

Thursday 5:00 at Otway. Interval training for 14 yrs to 80 yr old.

Shooting practice for beginners on Sunday at 12:00 pm starting in September at Otway. Contact Jeremy and Fiona for more info.

CHALLENGE GROUP

Any interested ski racers?

We are starting another challenge group for kids and teens that want to participate in cross-country ski races. The practices will be held jointly with the biathletes (more social opportunities, more people for games and practices). This means dry land training in the fall (1x week) and then on-snow Tuesday (classic) and Thursdays (skate) at 5:30 and Sundays at 1:00 (when the biathletes are shooting this group will be working on endurance, skill refinement).

The goal of the group is to have fun attending local races (Burns Lake, Vanderhoof, Quesnel) and the BC champs in PG. If interested, the group can also race in the BC Cup series (100 Mile House and Kelowna).

If you would like to join this group call Leisbet 964-3936 for more information or show up at dryland training – at Edgewood Terrace 5:30-7:00 pm and meet Leisbet.

I know there are a few people that are thinking of coaching with this group. On October 4th 7:30 - we will have a meeting at Leisbet's house (7700 St. Mark Crs.) to choose a specific coach for this group and others who can help.

JACKRABBITS/BC SKI LEAGUE

Welcome to the start of the 2005/06 Jackrabbit season. This will be my second year in this position and it will be much more organized! Already, I can tell you that we have the Introduction to Community Coaching Course available on November 11/12. This course is a requirement for all persons wishing to coach a Jackrabbit group and will be held Friday evening and all day Saturday. The Jackrabbit program covers the costs for anyone who is willing to come out and volunteer to be a leader. We always are looking for new people so come out and get certified! Call Lanita Young at 962-5634 for more info. Registration for Jackrabbits will be available at the Open House/Ski Swap November 05, 2005, at Rotary Lodge, or by mail with your registration form included in the fall newsletter. Again, we are always looking for volunteers to become leaders. Training is provided and is free to anyone who becomes a coach. There are also many other volunteer positions that make our program successful. There will be a sign up list at the Open House and our goal is to fill that list up by the end of the Ski Swap! We are also going to have a parent/coach get together in early October to start the development of a terrain park for our younger Jackrabbits. Anyone interested can call Lanita at 962-5634.

EXECUTIVE POSITIONS VACANT

There are several positions to be filled at this year's AGM. These include President, Vice President, Ski School Coordinator, Public Relations, Facilities Coordinator and Newsletter. The club's continued success depends on volunteer contribution so let's give a big Thank You to those stepping down and welcome those who come forward to fill these important positions.

BULLETIN BOARD

Caledonia Nordic Ski Jackets are still available - contact John Neumann at 963-7330 - cost is \$96.00.

SKI PATROL

If you are interested in becoming a member of the CSPS at Otway, or want more information about the Ski Patrol and/or becoming involved in the Patrol, call Gordon Horning 962-5634.

SKI SCHOOL

New to cross country skiing and not sure how to get started or just need to touch up on your skills? Contact Shane Hoehn at Stride and Glide 612-4754 for more information.

SCHOLARSHIP RECIPIENT

Hello, as many of you already know, my name is Tina Sidorov, and this year I was honoured to be the recipient of the Mike Reid Memorial Scholarship. It was especially neat to be presented the scholarship by Mr. Reid's sweet little daughter Lucy at the Duchess Park grad ceremonies in June where I graduated from the French immersion program. I have known Lucy for years though dance and other activities. I hope that I can provide an effective but not tedious overview of what I have done to deserve this recognition. I have been a part of Caledonia Nordic Ski Club since I was little, first with the Jackrabbit program and other club events such as ski orienteering. Upon completion of the Jackrabbit program I was fortunate that Leisbet Beaudry recognized my interest in teaching rather than racing and encouraged the club to accommodate my wishes. I completed the required coaching courses and then became one of the first "Junior Instructors". It was great to be able to gain knowledge teaching under the guidance of the experienced coaches. I especially enjoyed being able to co-teach with my godmother, Linda Piovesan, who gave me more and more responsibility over the years. I guess you could say that I went from assistant coach to student teacher. When I was old enough to obtain certification I re-took the courses and this past winter had the opportunity to lead my own Rabbits group. This was something I really enjoyed and something I plan to keep doing both this year into the future. Of course I definitely owe the club a thank you for funding all of the courses. Caledonia ski club as offered me not only the opportunity to be a volunteer coach but also to volunteer at races such as BC cup and of course the ski Nationals. It's great to volunteer for and be a part of the "team" of the club. From a little person being welcomed into the club to the present and I'm sure the future I will be able to enjoy the Caledonia Nordic Ski Club. Thank you!

CNSC CONTACT LIST

Snow phone 564-3809

Membership 964-8450

Jackrabbits 962-5634

Adult Lessons 612-4754

General 561-7424

Challenge Programs 962-5440

Biathlon 962-5440

Facility Bookings 612-4754

Feedback on the newsletter? Something you would like to see in the newsletter?

Contact Lanita Young at 962-5634 or gnlplus3@telus.net