

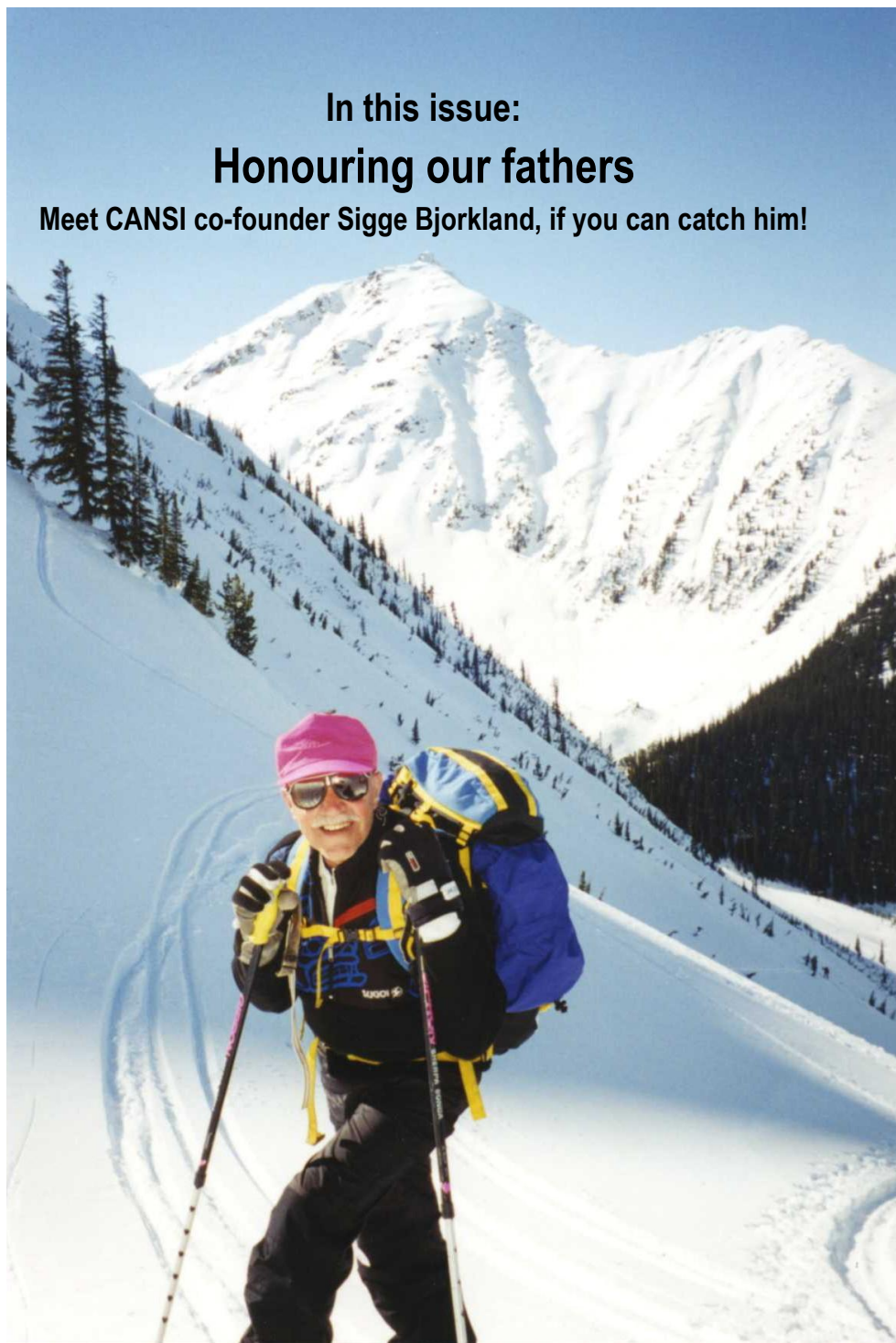
XCitation

Official Newsletter of the Canadian Association of Nordic Ski Instructors
Bulletin Officiel de l'Association Canadienne des Moniteurs de Ski Nordique

In this issue:

Honouring our fathers

Meet CANSI co-founder Sigge Bjorkland, if you can catch him!



Letter from the Editor

Hello out there! As the new editor of XCitation, I hope to be in regular contact with many of you.

It's all about communication. As ski-instructors we communicate, verbally and visually, with clients who want to learn to ski or improve on their skills. We use drills, verbal cues, examples, and physical demonstrations to get the message across. XCitation is our vehicle to communicate with each other to improve our teaching skills, share our love of the sport, and network with each other.

I hope to continue the work of prior XCitation editors on its development into a valuable reference tool for CANSI members. For this to happen, I need you to send not only submissions of articles and photos, but your ideas and comments. What would you like to see in your newsletter? What works and what doesn't? If you don't think XCitation is relevant to you, what do you need to see? And be warned, I might ask you to produce some of those articles you would like to see, to get the ball rolling!

Let's use XCitation as a forum to learn by getting to know each other. Few of us earn a living teaching cross-country skiing. What do you do in your day job? Why did you choose to become an instructor? What was your greatest success as an instructor? And of course, because we all learn from failures, maybe describe that too. Don't want to profile yourself? Send in a piece on a colleague!

What's your favourite drill for getting students to bend those ankles? How do you improve your students' confidence levels on the downhill? Have you got an energy bar recipe you'd like to share? Can you use a ski pole for splint in case of medical emergencies? I want to hear about it!

XCitation is published four times a year on the CANSI website, in separate English and French versions. Your articles will be translated, so there's no need to be bilingual. Just a desire to share your ideas, thoughts and experiences with your fellow instructors, and a willingness to send them to me at: communications@cansi.ca.

This year's deadlines for submissions are:

Issue:	Deadline:
Fall	Oct 24
Christmas	Dec 15
Winter	Jan 24
Spring	Mar 15

I look forward to hearing from you!

Sherryl Yeager is a CANSI Level I x-country ski instructor, potter, adjudicator, knitting machine, world traveller, former journalist, who also loves baking tasty treats and making dinners for her friends. She's almost finished renovating her 100 year old house, and has signed on as an Olympic volunteer. She apparently doesn't believe in spare time.



Sherryl, all roped up and checking out Glacier Grey in Torres Del Paine National Park, Chile, October 2003. That yellow shirt has been to the northern (Yukon) and southern (Chile) extremes of the Americas.

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XC-skiing is a passion that keeps Sigge strong

CANSI has named its three founders, Sigge Bjorklund, Heinz Neiderhauser and Jean Guy Bedard, as honorary members. XCitation is profiling each of these inspiration men. First up is Sigge Bjorklund.

By Sherryl Yeager

Canadians like to brag about walking to school in the cold and snow. That's nothing to Sigge Bjorklund.

He learned to cross-country ski just after he learned to walk. From the time he was 6 or 7 years old, he skied to school in the morning and home for lunch. In winter he escorted his dates to dances at the community centre on skis, and of course accompanied them home afterwards the same way.



Now 82 years old, Sigge still straps on the skinny sticks every chance he gets. A regular

chat your ear off on the bus ride home, with a glass of wine or two along the way. Sigge can talk for hours about the people he's skied with, racers he's sponsored, and trips he's taken into the backcountry. His list of friends is a veritable who's who of the sport not only in BC, but throughout Canada.

He credits skiing with helping him keep his weight steady at 140 pounds for the last 68 years.

"I shall not give it up. I may slow down a little, I have to backcountry at a slower tempo and with friends, but cross-country, I love it forever," vows Sigge.

He has only begrudgingly agreed to wear a helmet when telemarking, and always skiing with friends, at his children's insistence in the last few years.

"I ski to keep healthy as long as possible," he says, noting that when he was a youth in Stockholm, the track and field team doctor told him cross-country was the healthiest

sport, with the lowest accident rate.

With his blue eyes, white moustache and ever-present smile, he looks more like a

spritely Santa than a godfather, but that's how he is known – the godfather of cross-country in B.C.

Sigge is a Swede who grew up in Finland. Did you know there is a small population of Swedish speaking people living on the west coast of Finland? They are the descendants

of a long ago Viking invasion. Sigge will set you straight on that and many other Nordic facts.

When he came to Canada in 1956, he could not buy a pair of cross-country skis anywhere in the country. So in 1958 he ordered 25 pairs from Germany and Finland, and five days later picked them up at the airport. He began selling skis out of his garage to local enthusiasts, mainly Scandinavians and Europeans.

...if you can not correct the skier, you are not going to pass (CANSI). That was why we failed most people then

His friend Heinz Neiderhauser was running ski schools and programs near Revelstoke, but there was no method in place at the time to certify the instructors.

In 1962, under the auspices of the Canadian Ski Association, the Finnish national team coach, Nilo Etkon, put on the first certified ski school in a large alpine meadow at Skoki Lodge, in Banff National Park.

"He was a very precise and efficient man. He had us up at 6 a.m. and skiing until 6 p.m.," Sigge says with admiration.

There were 9 people in that first class, from Ontario, B.C. and Quebec.

Sigge gets ready to race at the 2001 Cariboo Marathon

photo courtesy of Anders Bjorklund

fixture on the Sunday bus runs to Manning Park, the affable Sigge can ski all day and still

Sigge also started the Vancouver Skiers club in 1962, and established the Canadian Ski Association Skiers' Touring Club, which put on ski tours throughout the Pacific Northwest. Through these clubs, interest in cross-country grew amongst the non-European set and the sport grew in popularity.

Over the following years, Sigge and Nilo tried to get a Canadian cross-country racing program going in Revelstoke, which was attended by skiers from northern Ontario, Scandinavia and the Lower Mainland. They also started a race series in Manning Park, three hours east of Vancouver.

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Sigge and Nilo organized more certification courses under the auspices of the Canadian Ski Alliance, at Strawberry Hill in Alberta, where the 4,000 to 5,000 foot elevation was a source of complaint for some participants.

"We had to make our own tracks up there, but it was so beautiful," recalls Sigge.

"We shouldn't be racing up here, you're going to kill us," he chuckles as he recalls the eastern skiers complaining.

He estimates 30 to 35 instructors were certified through the CSA, mainly people he knew from BC.

In 1969, Sigge pulled the plug on his career as an electrician and opened Sigge's Sport Villa. Although his boss offered him \$5 an hour more to stay on, Sigge and a partner opened a ski and sporting goods store. At that time he already had 400 regular customers, to whom he had sold skis at cost, in addition to providing them wine, coffee and donuts. He had gathered those customers by driving all over the province with a vanload of skis, boots and poles.

"I shall not give it up. I may slow down a little, I have to backcountry at a slower tempo and with friends, but cross-country, I love it forever,"

As more and more people became interested in cross-country and racing, Sigge wanted to advance the sport, and start a national certification program. He was

encouraged to do this at a meeting in Alberta by Norm Crerar, Brian James and Ken Baker, who gave him a lot of advice about setting up a program. Then he teamed up with Jean Guy Bedard in Quebec and Heinz in Ontario. The threesome wanted to develop a manual with certification levels for instructors.

Sigge investigated how the downhill skiers certified their instructors. He had also returned to Norway and Finland to learn about how instructor programs were conducted in those countries. He also went to an Interski event in Czechoslovakia in 1972.

The information from the Scandinavian programs and what he learned at Interski went into building the manual with Norm Crear.

Never one to mince words, Sigge thinks that this continues to be a problem with instructors today.

Over the years, Sigge has been instrumental in developing cross-country ski areas such as Hollyburn and Manning Park. He was a key figure for many years in races such as the Cariboo Marathon.

He credits his wife Elene with helping him grow Sigge's Sport Villa into a Vancouver fixture. The store continues, now under the leadership of his son Anders.

The Sigge's buses are a regular feature at Manning Park, taking hundreds of skiers every Sunday from December through March to enjoy this healthy activity far away from the



Sigge and a happy client after a day in Manning Park

Photo courtesy of Anders Bjorklund

When CANSI began in 1976, Sigge says, many skiers had poor technique, and the instructors did not know how to correct them.

"People were nervous and they felt they didn't know enough about skiing, so they just gave positive feedback. So, if you can not correct the skier, you are not going to pass (CANSI). That was why we failed most people then."

hustle of the city. And if you miss him on the trails, you might find Sigge in the late afternoon, seated near the fireplace in the Bear's Den lounge, with his silver tumbler full of red wine, eager to talk about your day.

Grampa cycles solo across Canada

By Ed Schum

I have cycled for most of my life and wanted to ride across this vast and beautiful country for a long time, but I was too busy earning a living. Now that I am a retired old age pensioner and grandpa, I was able to make time for this adventure, which took me 64 days to cover 7487 kilometres. Part of the reason for my trip was to report on how safe or unsafe our roads are for cycling.

The basic objective was to ride from Vancouver Island to St. John's NFL and visit all the provinces along the way. Since I am much more a country bumpkin than a city boy, I tried to avoid the large urban centers.



*Ed and Bruno, safe and sound in St. John's
Newfoundland – Km 7,487*

While I had done a lot of cycling before, most of it was race oriented. Riding a bike loaded with all the gear needed to tour self supported across Canada was a new experience. I learned a lot from others who had done the trip, and made a fully loaded practice run from Courtenay to Port Hardy and back in September 2006.

My training over the winter consisted mainly of cross country skiing, but I also worked out in the gym for two to three days a week, to strengthen my

back and improve my flexibility. I live in Courtenay BC, and in March and early April I cycled a lot and did some shorter tours around Vancouver Island.

Then it was time to get on Bruno, my bike. Why is my bike called Bruno? This goes back a loooong time to when I was a little kid in Austria. I had a friend named Bruno and we would go out on our little scooters and later on borrowed bikes and do little tours around the yard, around the block and later on, we packed a sandwich and rode somewhere and back again. We always said that some day we would do some big tours together. Over the years, I lost contact with Bruno, so when starting this trip I thought I would name my bike after him.

To avoid most of the heavy holiday traffic I wanted to start as soon as the mountain passes in B.C. and Alberta were clear of snow. I got the ride to Ucluelet and back out of the way in mid April, and left my daughter's house in Port Moody to hit the 'open road' on April 29.

The mountains in B.C. and Alberta were a challenge but the beautiful scenery made it worthwhile. The prairies might be boring in a vehicle, but on a bike, you see and hear all the little things, like birds, frogs and groundhogs. Farmers working in the fields wave at you, and cows love to watch cyclists go by.

Ontario is a huge province, which really becomes evident when riding through the northern towns, which are far apart with mostly bush between them. The scenery gets more interesting and beautiful once you hit the Great Lakes.

In Quebec, the Route Verte, an incredible network of 4800 kilometres of cycling trails, offered great cycling away from the heavy traffic of the highways.

I met so many nice and helpful people everywhere across the country, but nowhere nicer or friendlier than in the Maritimes where people still talk to strangers and make them feel welcome. PEI found a special place in my heart.

It's important to keep the calorie intake up on a trip like this, but as I was self-supported, I ended up eating a lot in fast food restaurants like Subway and Tim Horton's. They are convenient and quick, but also handy because you can leave your bike outside the window where you can keep and eye on it.

I always tried to get the healthiest food possible in these places, and then have more nutritious meals in small restaurants in the evenings, or just buy some fruit and vegetables and make my own meals. It was often difficult to get a good breakfast. Most restaurants have bacon and eggs on special at a relatively low price. I ate this more often on this trip than I have over the last 20 years.

Two or three times a week, I made my own porridge with oats, raisins, nuts, banana and some other fruit. During the rides, I ate a lot of fruit (bananas, apples, oranges, etc), veggies (carrots, celery sticks, etc) nuts, raisins, and energy bars. I did not take any supplements at all, as I prefer

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Grampa cycled...continued from page 2

to get everything my body needs out of natural foods.

I did not lose a significant amount of weight during the journey, but my weight did get re-distributed. My legs must have gained at least 10 pounds, while there was hardly any meat around my stomach and chest by the end of the trip.

I had to do a fair amount of stretching to keep the muscles in my legs from seizing up and cramping. Muscles getting too tight can cause knee problems, as I experienced in North Sidney, NS, where I had a couple of easy days while waiting for the ferry to Newfoundland. Just that short period of inactivity caused unbelievable cramps in my thighs and pain in my knees I wondered if I would be able to continue. A lot of massaging and stretching helped me get through it and I was as good as new once I got to Newfoundland.

Toughest day:

The ride from West Hawk Lake (Manitoba) to Kenora (Ont). The temperature was around 3 degrees Celsius, there was a mixture of rain and snow coming down, and I had strong headwind. I was so cold that I could hardly hang on to the handle bars. For a while I had doubts that I would make it.

When I finally got into Kenora, I was shaking and my teeth were shattering. I went to a motel I knew had a hot tub, put my credit card on the counter and jumped straight into the tub.

Best day:

All the other days on the road.

The nicest people:

With perhaps the exception of the odd truck driver who tried to push me off the road, I did not meet any unfriendly people on the whole trip. Everywhere I went people were friendly, helpful and generous. I particularly appreciated this in Quebec, where people went out of their way to help me with my very limited knowledge of French. Even if they only knew a few words of English, they would use them to try to communicate.

The roads:

Keeping this very short I will just say that a lot needs to be done to make our roads safer for cycling, and to encourage more people to get out of their SUVs and onto bikes. I have had meetings with people in the B.C. government and will be working with the B.C. Cycling Coalition and hopefully with a similar federal body to make our roads safer for cycling.

If you are interested in reading more about my trip, see my complete journal at:

www.crazyguyonabike.com/doc/crosscanada2007

Charge it up – Energy and exercise ideas for active types

This section features recipe, stretching, cross training ideas – submit yours to communications@cansi.com

Chilkoot Energy Bars

Dry

2 cups bran or oat flakes (or try whole oats for a chewier texture)
(I mix 1 cup bran with 1 cup oats – nice combo)
¼ cup whole wheat flour
2 teaspoons baking soda
½ teaspoon salt

Wet

2 eggs
1 cup buttermilk
¼ cup maple syrup
2 tablespoons vegetable oil

zeste of 1 orange (or similar citrus fruit)

Fruit

½ cup dried apricots, snipped into small pieces

½ cup dried blueberries

½ cup dried cranberries

½ cup dried strawberries

1/3 cup sliced almonds or chopped pecans

(I used raisins, prunes, dates rather than strawberries and blueberries – cherries would be good too – essentially, you need two cups of dried fruit)

Preparation

Blend the dry ingredients. In a separate bowl, whisk together the wet ingredients. Add the wet to the dry. Gently fold in the fruit and nuts. Press into a greased and lined (use parchment paper or tin foil) 9 X 13 inch pan

Bake in pre-heated 375 degree oven for 20 minutes or until tester comes out clean.

Let cool completely, then cut into squares. If packing for a hike, wrap individually. These freeze well.

Potpourri - Updates, ideas, current events

Ask a Pro

Question: Should your instruction methods/drills vary depending on the age demographics of your class? For example, how would you vary your instruction for a group of under 13 year olds as compared to young adults?

Tiffany Edwardsen replies: Yes and no. I think you can use just about any drill with any group but you should be able to vary your instruction methods because it depends on what you want your group to learn, how you want them to learn it and what will benefit them the most. I look more at the mobility of the group rather than the age.



I generally play frozen tag with all my beginner groups no matter what their age in order to get them moving on skis without thinking about the

slipping and falling part. Since I'm the one who is usually 'it', I vary my speed to correspond with my students' abilities. It's not as much fun if I freeze them all right away. They begin to move and balance without even thinking about it because I've given them something else to worry about.

Younger kids are not as concerned with the specifics of technique so I tend to use more guided discovery in my own teaching style combined with games and/or slalom courses and skiing around the mountain.

Adults want to know what they are learning and want a bit more in the explanations and demonstrations so I use more task oriented teaching. I tend to have them do a drill many times while I watch the group and give feedback as they go. I'll stop often for breathers and explanations but for the most part, I want them to ski because they don't get better if they don't ski and they paid good money to see results.

Young adults are somewhere in between kids and adults in terms of running a lesson for them.

I think the more you have in your bag of tricks the more you can accommodate any group. Whether it's skating or classic any drill, game, or slalom course without poles is a great way to improve technique faster (depending on the terrain).

Tiffany Edwardsen is a CANSI level IV and is well known as the instructor who can produce a drill for any occasion.

CANSI 2007 AGM

The 2007 Annual General Meeting for the Canadian Association of Nordic Ski Instructors (CANSI) will be held on Saturday January 12, 2008 at Highlands Nordic, Duntroon (Collingwood area) Ontario, (see www.highlandsnordic.on.ca).

All CANSI members are invited to attend.

For further information please contact Paul Graner at president@cansi.ca

Get Connected with Cross Country Connection

Looking for Certified CANSI instructors, or those interested in getting certified, to teach in Whistler and the new Olympic venue in the Callaghan Valley.

Full and part time work available.

Please send cover letter and resume to Cross Country Connection

info@crosscountryconnection.bc.ca

Plug in to the latest news online

Did you know there are all kinds of news items and updates available on the CANSI website?. Check it out for the latest on the national seminar, which will be held in the east this year at Highland Nordic, north of Toronto, from January 10 to 14, 2008. The National Seminar allows high level instructors to get together on-snow to review and re-evaluate CANSI's technical information, course content, and more.

There's also an update on youth scholarships provided by CANSI Ontario to young instructors or instructors who work with young people from 16 to 21 years of age residing in Ontario.

And, last but not least, Natural Fitness Labs and xczone.tv, leaders in "Clean Oxygen Fed Sport Cinematography" are excited to announce the World-Wide release of the breakthrough DVD Nordic Skiing Training Secrets for High-Performance Sport. www.xczone.com/newskitrg.htm.

Get all the details on these and other current CANSI events at <http://www.cansi.ca/en/> or <http://www.cansi.ca/fr/>

CANSI MEMBER PROFILE – DAN MAHONY SKIS FOR LIFE

Curmudgeon became a CANSI convert

By Dan Mahony

I took to skiing the first time I strapped them on, sometime in my 40s, and I got a great kick out of rounding up some old kids' skis and teaching what little I knew to my grade 4 class. I'm afraid I was a stubborn, self-taught curmudgeon when I went to my first couple of CANSI workshops and really had lousy technique. My instructors refused to certify me the first time, and I gave them all kinds of grief, writing letters of complaint to a variety of officials.

A CANSI instructor named Kevin French had the patience to ignore my inadequacies and focus on the few things I could do successfully. His encouragement got me over the hump to certification and I have come to accept the CANSI method for classic technique which improved not only my performance but more importantly, my enjoyment of the sport. I have now been a CANSI member for nine years.

My wife Joan, while not a CANSI instructor, has attended some pre-level one sessions, is a competent skier and is famous for her classic response to me out on the trails one day as I tried to correct her on some obscure technical point, "Dan, can I pay you, NOT to give me a lesson!"

A group taking a lesson on Borden Crescent in Tillsonburg. Joan in blue jacket kneeling in back and Dan kneeling beside her.

I retired in 1998 after a 33 year career as a teacher and principal. I always loved sports, especially hockey. As a youth, I spent time labouring in the New York Ranger farm system and later played Senior A. As a teacher I spent years coaching basketball, volleyball, and track. Joan was a school secretary, and retired in 2003.

Since I retired, we have operated Ski For Life (www.skiforlife.net). For the past nine years Joan and I have carted around our van full of skis, boots and poles to schools, conservation areas, parks, B&Bs and some northern inns to teach beginners or novices in full or half day sessions.

We built up a good reputation with our low key approach to skill development using games and drills and meeting with lesson clients in southern locations like Waterloo & Cambridge as well as with those seeking a winter getaway from the Greater Toronto Area to the winter wonderland that is Muskoka. Our grassroots instruction concept is to introduce or refine the skills of recreational skiers.

By grassroots, I mean those children and adults who never join clubs or take lessons at commercial ski centres. In our early years of Ski For Life we often did lessons with over 400 school kids in a year. For most of those the one to three lessons they had with us would be the only ones they would take in their lives.

Offering instruction at that entry level, for recreation, not competition, is important because it is an introduction to a way of "life" whereby one skis for the love of it. Therefore, Ski For Life - a longer and fuller one because of all the benefits to body, mind, and soul that this great winter activity provides.



While Joan and I fully enjoy what we are doing, and are satisfied with the modest financial return, we are both in our early 60s and would like to ease out of lugging boxes of boots around in the next couple of years. My hope in the next year or two is to pass the Ski For Life torch to some younger instructors who might want to continue the work of Ski For Life, perhaps working with us for a year or two, then gradually taking over. I can be reached at mahony@execulink.com or skiforlife@execulink.com I would be happy to hear from anyone interested in continuing the Ski For Life mission.

CANSI Uniforms for the 2007-2008 season are being supplied by Avalanche, a Canadian manufacturer of high quality skiwear.

This special program for CANSI members is available to all active CANSI members. Items in the uniform program are suitable for both XC and Telemark instructors. This year's program includes vests, soft shells, uninsulated shells, insulated shells, micro-therm tops, insulated pants, soft shell pants, and merino wool underwear, all at significant savings. Download the order form from the members-only area on the CANSI website.

New for this year CANSI members can order any item from the Avalanche Shop OnLine store and have the CANSI logo embroidered on it for an additional \$8. Email shoponline@avalancheskiwear.com for more information.

Please note that the items ordered from the Shop OnLine store are not part of the special program, and are sold at the regular prices

Skike Before you Rollerski

A new toy for those that have it all

by Tony Chin

What do cross country skiers do when there is no snow? They Skike!

If you love the movement of Nordic skiing – and who doesn't – then you hate to stop doing it for 8 months of the year because there's no snow. I've been roller skiing in the

summer to satisfy my fix.

Last year I started to have shoulder pains because of the ski poles pounding on the pavement. I found the solution in a pair of Skikes.

Skikes are off-road roller skis with beefy 6" diameter pneumatic tires that roll over

everything. And they come with brakes!

The first day I put on my Skikes and skied on the hard packed dirt/gravel trail outside my door I was hooked! The ski poles dug into the dirt just like I was on snow. The leverage I could get from my poles was far better than I have ever gotten from pavement.

As a ski instructor and coach I worry a lot about whether roller skiing will affect my technique in a negative way. I can safely say that the Skikes do not. I have tried several other off-road roller skis and have found that roller ski weight is an issue. Some of the other brands I have tried were very heavy which adversely affected my skating technique. Skikes are light; almost similar in weight to my on-road roller skis. I can execute all the skate techniques, except offset, exactly as I do when I am on snow.

I love my off-road roller skis! This doesn't mean I've sold my speedy on-road roller skis but I am definitely using them a lot less nowadays. I save them for speed workouts and for climbing sessions. Off-road roller skiing has opened up some incredible terrain for me. To date I have roller skied Spanish Banks (best place to view Vancouver's skyline) and the Richmond Dike (great view of the Georgia Strait and of the Vancouver



International Airport). Next on my list is Boundary Bay. I can hardly wait to roller ski around the internationally recognized wildlife reserve!

If I could only buy one pair of roller skis, either on-road or off-road, I would buy the off-road roller skis because it allows me to get the upper body workout that I can't quite get with on-road roller skis, it is safer (no cars and Skikes come with brakes) and because the scenery is so much better

Skikes are available in Canada from GPL Coreline in Calgary. E-mail Steve at info@glassprint.com. Tell them you heard about Skikes from Tony.

Tony Chin is a CANSI level III x-country instructor in Vancouver

Photo by Helen Rosser

Let's get technical

Glenn Lee

Technical Committee Chair

You may have noticed the CANSI Technical Committee was busy in 2006/07!

Accomplishments from the past season:

- ❖ rollout of new cansi.ca website with online registration and updating of course results
- ❖ standardized record keeping for course conductor certifications
- ❖ collaborative web tools used to maintain course conductors manual
- ❖ ongoing development of "XC Ski Your Best" program as a tool for XC instructors
- ❖ started development of "Telemark Ski Your Best" program as a tool for Telemark instructors
- ❖ adopted recommendation for the use of helmets at downhill resorts
- ❖ formalized course challenge process for granting equivalence for course pre-requisites
- ❖ approved implementation of a XC Classic-only instructor certification

Some of the projects on this season's plate:

- ❖ on-line tools for CANSI members on cansi.ca
- ❖ French language Instructor and Course Conductor manuals
- ❖ Telemark Coaching Certification
- ❖ modular non-certification courses for instructors

How you can get involved:

We welcome CANSI members as advisors to the Technical Committee. Contact your regional Technical Representative (see <http://www.cansi.ca/en/about/people/>), or contact me by email at: technical@cansi.ca

The Technical Committee is made up of representatives and advisors from each region, who determine CANSI ski techniques and how to teach them. The committee meets in person once a year at the National Seminar, by teleconference about every two months, and almost daily on a collaborative web site used by the Technical Committee. This year's National Seminar is being held in Ontario, January 10-14, 2008 and the Technical Committee meeting is on January 12.

Technical representatives from the regions are responsible for overseeing all member and course conductor certification, and for disseminating information from the committee to the members in their region.

Advisors to the Technical Committee are CANSI members who take part in discussions on technical issues, on the collaborative web site, and on conference calls. On issues that require voting, each region casts a single vote through the technical representative; the chair votes only to break a deadlock.

Have a great ski season!

Glenn Lee assumed the role of chair earlier this year. He is a Telemark Level III instructor, and a lapsed Cross Country Level I instructor - perhaps he will get a chance to attend an XC refresher this year! Glenn has served on the committee for a number of years, as the telemark representative for the Ontario region.



Photo of Glenn Lee showing his form, courtesy of Ski Telemark Limited

Volunteers needed to keep Instructor Manual from being lost in translation

By Tiffany Edwardsen

It's been a long haul with the Instructor Manual. There were a few minor revisions this past spring/summer. The biggest thing was the translation that took place. Michele Duguay-Desautels was able to translate chapters 4-9 as well as the Introduction. Half of chapter 1 and all of chapter 3 were also translated, but we still have half of chapter 1 and all of chapter 2 left to finish.



Unfortunately, the CANSI National office does not have the money to hire a professional translator so I'm asking everyone if they could possibly volunteer to translate some portion of these two chapters so that the whole country has a working manual this season. Or if there are regions with an extra \$2000 that can put towards completing the translation.

I have some reformatting to do on the rest and then I will be compiling the English version and the portions of the French version that I do have. I hope to have it ready for mid November. I believe this is a valuable tool and too important to let it just drop now. We are so close!!!

After this edition of the manual, the Technical Committee will take over the updating of the Instructor Manual. It is my hope that this will be a much easier task since both versions are translated and up to date as far as we can make them.

Tiffany Edwardsen is the CANSI Pacific past president and national Board rep

FULL TIME INSTRUCTORS WANTED

Trail Sports, the ski school at the Canmore Nordic Centre, is recruiting full time instructors for the 2007/2008 ski season. Current CANSI certification is a requirement with the taking of higher level courses encouraged and subsidized. Staff clinics with Level 4 Instructors are held weekly.

This is a full time position with 40 paid hours per week, commencing November 2007. The successful candidates will be involved with all aspects of Trail Sports operation, including rentals, retail sales and ski instruction. Renumeration is commensurate with experience and certification level. Equipment sponsorship opportunities, pro deals and employee discounts are available

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