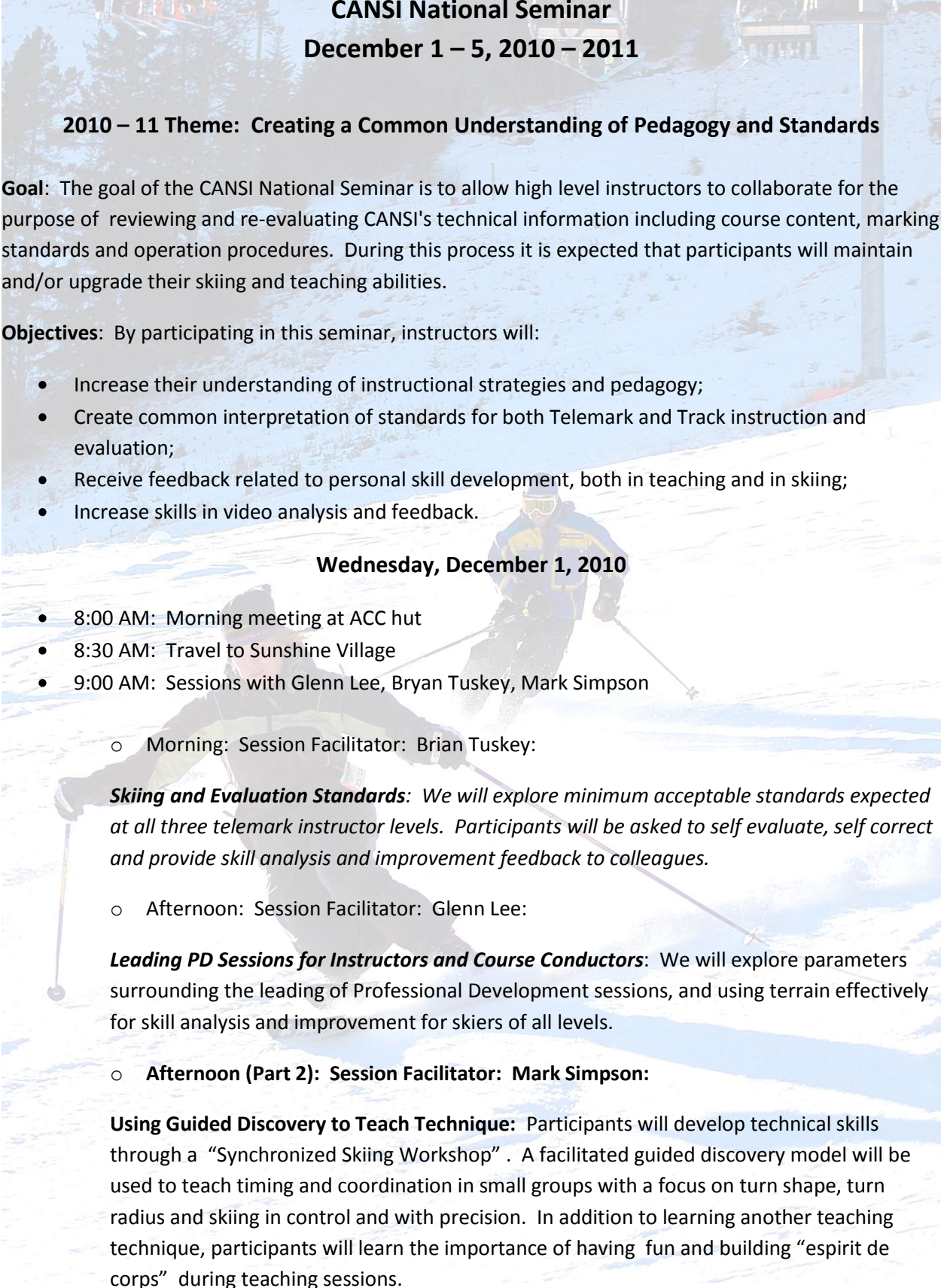




CANSI National Seminar December 1 – 5, 2010 – 2011

2010 – 11 Theme: Creating a Common Understanding of Pedagogy and Standards

Goal: The goal of the CANSI National Seminar is to allow high level instructors to collaborate for the purpose of reviewing and re-evaluating CANSI's technical information including course content, marking standards and operation procedures. During this process it is expected that participants will maintain and/or upgrade their skiing and teaching abilities.

Objectives: By participating in this seminar, instructors will:

- Increase their understanding of instructional strategies and pedagogy;
- Create common interpretation of standards for both Telemark and Track instruction and evaluation;
- Receive feedback related to personal skill development, both in teaching and in skiing;
- Increase skills in video analysis and feedback.

Wednesday, December 1, 2010

- 8:00 AM: Morning meeting at ACC hut
- 8:30 AM: Travel to Sunshine Village
- 9:00 AM: Sessions with Glenn Lee, Bryan Tuskey, Mark Simpson

- Morning: Session Facilitator: Brian Tuskey:

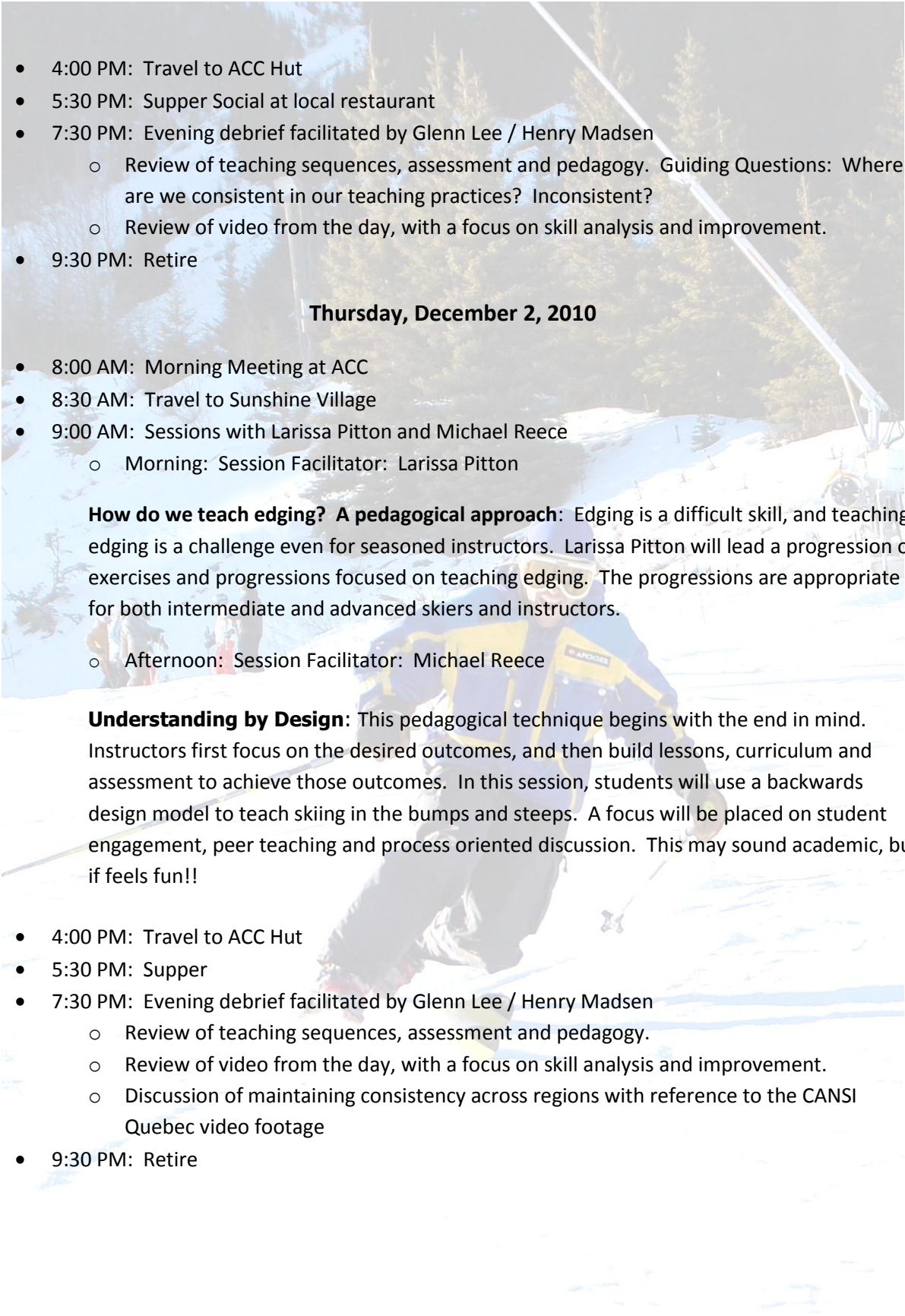
Skiing and Evaluation Standards: We will explore minimum acceptable standards expected at all three telemark instructor levels. Participants will be asked to self evaluate, self correct and provide skill analysis and improvement feedback to colleagues.

- Afternoon: Session Facilitator: Glenn Lee:

Leading PD Sessions for Instructors and Course Conductors: We will explore parameters surrounding the leading of Professional Development sessions, and using terrain effectively for skill analysis and improvement for skiers of all levels.

- **Afternoon (Part 2): Session Facilitator: Mark Simpson:**

Using Guided Discovery to Teach Technique: Participants will develop technical skills through a “Synchronized Skiing Workshop” . A facilitated guided discovery model will be used to teach timing and coordination in small groups with a focus on turn shape, turn radius and skiing in control and with precision. In addition to learning another teaching technique, participants will learn the importance of having fun and building “esprit de corps” during teaching sessions.

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- 4:00 PM: Travel to ACC Hut
 - 5:30 PM: Supper Social at local restaurant
 - 7:30 PM: Evening debrief facilitated by Glenn Lee / Henry Madsen
 - Review of teaching sequences, assessment and pedagogy. Guiding Questions: Where are we consistent in our teaching practices? Inconsistent?
 - Review of video from the day, with a focus on skill analysis and improvement.
 - 9:30 PM: Retire

Thursday, December 2, 2010

- 8:00 AM: Morning Meeting at ACC
- 8:30 AM: Travel to Sunshine Village
- 9:00 AM: Sessions with Larissa Pitton and Michael Reece
 - Morning: Session Facilitator: Larissa Pitton

How do we teach edging? A pedagogical approach: Edging is a difficult skill, and teaching edging is a challenge even for seasoned instructors. Larissa Pitton will lead a progression of exercises and progressions focused on teaching edging. The progressions are appropriate for both intermediate and advanced skiers and instructors.

- Afternoon: Session Facilitator: Michael Reece

Understanding by Design: This pedagogical technique begins with the end in mind. Instructors first focus on the desired outcomes, and then build lessons, curriculum and assessment to achieve those outcomes. In this session, students will use a backwards design model to teach skiing in the bumps and steeps. A focus will be placed on student engagement, peer teaching and process oriented discussion. This may sound academic, but it feels fun!!

- 4:00 PM: Travel to ACC Hut
- 5:30 PM: Supper
- 7:30 PM: Evening debrief facilitated by Glenn Lee / Henry Madsen
 - Review of teaching sequences, assessment and pedagogy.
 - Review of video from the day, with a focus on skill analysis and improvement.
 - Discussion of maintaining consistency across regions with reference to the CANSI Quebec video footage
- 9:30 PM: Retire

Friday, Dec. 3, 2010: Technical Committee Meeting

- 8:00 AM: Morning Meeting at ACC
- We will work in two groups.
 - Group 1: Telemark facilitated by Glenn Lee at Sunshine Ski Area:
 - Focus on creating a common understanding of standards and assessment for teaching at all three telemark instructor levels.
 - Gathering video appropriate for teaching.
 - Group 2: Track facilitated by Ken Schykulski based at Canmore Nordic Center. (Note that we have Meeting Room B reserved from 9 – 5 PM in the Day Lodge of the CNC.)
 - Creating video and stills appropriate for illustrations of all the skating maneuvers.
 - Create new exercises and drills to teach stance and balance, power and propulsion, timing and coordination in one skate, & power and propulsion in half skate.
 - Create a common understanding of the criteria for diagonal stride. Specific focal points will include:
 - Body position during glide;
 - Hip position at transition;
 - Body position during unassisted and assisted glide phase.
- 4:30 PM: Debrief of Technical Committee Meeting
 - Location: ACC Facility
 - Summary of progress made – Ken Schykulski and Glenn Lee report.
 - Further report on suggested next steps based on the progress report above
- 5:00 PM: AGM:
 - Location: ACC Facility in Canmore, Heritage Room
 - Light snacks provided
 - See AGM Agenda for further details
- 7:30 PM: Adjournment
- Post AGM Social

Saturday, Dec. 4, 2010

- 9:00 AM: Rendezvous at Day Lodge, Canmore Nordic Center: Meeting Room B
- 9:30 AM: Sessions with Lyle Wilson, Wendy Grater, Guy Paulson and Marie-Cat Bruno
 - Morning: Session Facilitator: Lyle Wilson, Wendy Grater

Evolving Standards in Double Pole and One Step Double Pole: In this session we will analyze changing technique standards for DP and 1 step. Pedagogy, terrain selection and video analysis will be part of this session. Progressions and pedagogy for newer standards will be discussed.

- Afternoon: Session Facilitators: Guy Paulson and Marie-Cat Bruno

Downhill Standards on Skinny Skis: In this session we will explore downhill standards at all four cross country levels. Consistency of expectations, pedagogy, progressions and assessment will be explored.

- 4:00 PM: Debrief of Day facilitated by Henry Madsen (Meeting Room B, CNC Day Lodge)
- 6:00 PM: Social (Supper at a local restaurant)

Sunday, Dec. 5, 2010

- 9:00 AM: at Day Lodge, Canmore Nordic Center: Meeting Room B
- 9:30 AM: Sessions with Mark Simpson, John Gallagher
 - Morning: Session Facilitator: Mark Simpson

Core Competencies in Diagonal Stride: This facilitated session will examine core requirements for Diagonal Stride for level 2 through level 4. Progressions, drills, assessment and standards will increase in difficulty to match the skill requirement for each level. Use of video for immediate feedback, skill analysis and improvement, will be discussed and demonstrated. This session will further the work of the Technical Meeting from Friday.

- Afternoon: Session Facilitator: John Gallagher

Free Skate Progressions: This facilitated session will focus on exercises appropriate to the teaching of skating without rotation of the upper body. Various instructional techniques will be used including guided discovery, reciprocal teaching, command teaching and task teaching. Note that this session will further the work of the Technical Meeting from Friday.

- 3:00 PM: Session debrief: CNC Day Lodge, Meeting Room B
- 4:00 PM: Technical committee debriefs the 5 day National Seminar.

Guiding Questions:

- What were the most successful elements of the seminar?
- What areas need improvement?
- How should we improve the seminar for next year?
- What key messages will technical committee members take to their regions?

