

XCitation

OFFICIAL NEWSLETTER OF THE CANADIAN ASSOCIATION OF NORDIC SKI INSTRUCTORS, CANSI
BULLETIN OFFICIEL DE L'ASSOCIATION CANADIENNE DES MONITEURS DE SKI NORDIQUE CANSI

Christmas - Season 2007
volume 38 issue 1

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La position des mains au télémark

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Cover photo
of Stephane Perrault by Keith Nicol



Editor's Note

I was skiing up at Mount Washington yesterday, the sky was bluebird, the trails were in pristine condition, the trees on the side of the trail were all fluffed up with snow, the temperature was about -5°C and I was with the two most important souls in my life, my partner Brian and my perfect little puppy Keeva. We were commenting on how it doesn't get any better than this! And I don't think it does.

The fact that XCitation is late being published didn't even enter my mind! At least not until after the ski was over! I apologize for the late delivery. I think all my writers have been too busy stuffing themselves with turkey and cranberries, or some in the East have been too busy praying for snow. (I'm not trying to make you jealous with that opening visual... really!) And admittedly, I was much too happy to sit back and relax during the holidays than to breathe down their necks to get their articles done.

But the end result, though still missing a couple articles that will just have to wait until next time, is an issue packed with technical stuff as should always happen following an intense technical Seminar.

You also might note the change in the format. At the request of one of our readers, we have separated XCitation into two separate versions, one for English readers and one for French. Let me know what you think.

Keep skiing!

Karla Wikjord
XCitation Editor




Letters to the Editor

Separate the English and the French

This letter was forwarded to XCitation by Renee Scanlon at the National Office.

Hi Renee,

A suggestion e XCITATION:

Since it's now being sent out by email, and many of us likely are printing it, it would be great to see the English and French versions separated -- to enable printing at half the cost, much more enviro-friendly printing and half the wastage.

Waddya think???

Doreen Menaker

Corrections from Kuzmin

Mr. Kuzmin has been at the centre of controversy over the last year on the direction our sport has taken in part thanks to the waxing world. Rather than republishing Mr. Kuzmin's corrections, please simply take note that XCitation apologizes for the error and thanks Mr. Kuzmin for the correction. His complete thesis is published at <http://epubl.ltu.se/1402-1757/2006/03/LTU-LIC-0603-SE.pdf> so please ignore his reference to 'Equations.zip' and explore his thesis for more in-depth information on the subject.

Dear Karla,

On page 29 of the new XCitation Newsletter issue (Fall 2006) equations 2-5 are distorted, in equation 2 multiplication mark became decimal point and equations 3-5 became something else. I send you "Equations.zip" with correct equations in more clear way of writing both in PDF and BMP formats.

MVH/Regards,

Leonid Kuzmin - Ph.D. Student

AUDITED FINANCIAL STATEMENTS

The latest CANSI Financial Statements were made available at the AGM in December. Any member wishing to review them may contact the National Office.

Five Main Points

By Ulf B. Kleppe

The Annual Seminar, held at Silver Star in December, brought relevant discussion on new and old concepts alike. The following is a synopsis of what Level III NCCP Coach Ulf Kleppe shared with CANSI Ontario recently and was presented at the Seminar by Steve Gentles.

1. Athletic Position
 - a. Brace the Core
 - i. Keep the abdominal muscles tight
 - ii. "Firm Up" the buttocks
 - b. Keep the lower back fairly straight
 - c. Allow the upper back to bend forward
 - d. Keep the ankles and knees bent
 - i. Look down to see the bindings ahead of the boots
 - e. Let arms hang loosely at the sides
 - i. Allow the shoulders to droop slightly
 - ii. Relaxed at the elbow
 - f. Maintain the athletic position at all times!!!
2. Lean Forward from the ankles
 - a. Allow for flexion at the ankles
 - b. Lean forward so that the hips are even with or ahead of the ankles
 - c. Avoid bending forward from the hip
 - i. This causes the buttocks to "stick out the back"
 - d. Leaning forward will cause:
 - i. Falling forward/movement forward
 - ii. Either foot (ski) to move forward (to prevent falling face first in the snow)
 - e. Alternate "falling forward" on one ski then the other
3. Ski on one ski at a time
 - a. All weight should be on one ski, then the other ski
 - b. Avoid bringing the recover ski down too early
 - i. Allow recover ski to pass the kicking ski before putting any weight on it
 - c. Goes hand-in-hand (foot-in-foot, actually) with the next point, Hip Rotation
4. Hip Rotation**
 - a. As the lean from the ankles causes the recovery ski to move forward, allow the hip on the same side to rotate forward also
 - i. This causes the shoulder, hip, knee, and foot to be aligned over the ski
 - This facilitates 100% weight transfer on to the recovery ski
5. Actively drive the recover ski forward
 - a. Once the "kick" is complete, actively drive the recovery side/"unit" forward
 - b. Initiate with the hips, then the thigh, knee, foot, and finally the ski
 - c. Think of kicking a soccer ball:
 - i. The kick is initiated well behind the ball
 - ii. Like kicking the soccer ball, follow-through by kicking through the ball
 - Only then transfer body weight on to the forward thrust ski
 - d. Alternate kicking forward with the recovery ski
 - i. Aim for a relatively high cadence/turn over

Addendum:

When the recovery ski has "caught up" with an imaginary plumb line that runs down from the belly button, maintain this relative foot-belly button relationship as the weight transfer completes.

***See alternate notes on Hip Rotation, p. 5*

Volunteers Wanted for Telemark Ski Your Best Project

CANSI is looking for volunteers to work on the Telemark Ski Your Best Project.

The project's goal is to produce an instructional program administered by CANSI-certified instructors to skiers who want to improve their technique, but who don't want to become certified instructors. Participants achieve different levels based on the skills they demonstrate in different telemark manoeuvres. The different levels are designed to be motivational for students, while giving instructors objective skills criteria for dividing students into lessons.

The ideal candidates would be CANSI-certified instructors with experience in teaching telemark in a ski school environment. Being bilingual is an asset. All candidates must have a valid CANSI membership.

Most of the work will be done using an online collaboration tool and possibly a few conference calls.

If you are interested or if you would like to know more, you can send an email to Guy Lavoie at telemark@quebec.cansi.ca.

Lateral Movement in Skating

By June Hawkins

June Hawkins presented at the Seminar to introduce ways of teaching skating without rotation. Her presentation included video analysis of the World Cup Pursuit race footage held in Sovereign Lake December of 2005 – primarily Beckie Scott. Any reference to 'video' is referring to this footage.

CANSI has identified that during skating techniques, the torso can be projected in the direction of travel and/or the direction of the glide ski. As you have now seen with the video, skaters now have no rotation during the one and two skate, with little or no rotation during the offset. But what CANSI has not identified is just how the skier balances during the glide when the torso is projected in the direction of travel. What follows is the biomechanics used to develop a skater with no rotation from the very onset of their learning the manoeuvres. The timings of the manoeuvres do not change, just the lateral movement of the upper body through the glide, push and recovery phases.



By landing on a flexed ankle, the skier can balance while projecting the upper body in the direction of travel.

- Torso stays projected in the direction of travel, no excess rocking of the upper body
- Hips (centre of gravity) drive across from one balance on the gliding ski to the next, the hips remain level and lateral
- Recover the push leg back under the hip, but return the leg with the foot leading, not the hip lifting, imagine skiing bowlegged
- More advanced skiers, once they have recovered the push leg back under the hip can rise up slightly and preload again (double clutching) giving them even more force through the push phase.

The rotation theory has the rationale that in order to balance on the glide, the hips need to square up over the glide ski. By landing on a flexed ankle, the skier can balance while projecting the upper body in the direction of travel. The tall leg in the glide was thought necessary to relax the muscles; however, the complete extension of the leg at the end of the push phase is where relaxation takes place. It is physiologically more beneficial to relax at the end of the work phase, rather than at the beginning. Lactic acid is moved far more efficiently by doing so. The lateral push has the added benefit of creating one vector of thrust, thus increasing the summation of force applied. With rotation, this thrust is interrupted and essentially creates two vectors of force rather than one. It has also been debated that beginners have a more difficult time learning lateral drive, but with the proper progression, this is not so.

Double Pole

Double poling action remains the same, with some widening of the arms on the pole plant and through the push phase to accommodate the lateral drive. During the skate manoeuvres, the entire poling action follows a trajectory parallel to the direction of travel, not the direction of the glide ski.

- Elbows on the pole plant are flexed and slightly rounded
- Once the poles have planted, the arms lock and initiate the poling with a stomach crunch
- With the arms slightly rounded, more muscles of the chest, back and shoulder are utilized. This will also assist in freedom of lateral movement of the body during the skate manoeuvres.
- Body flexes to 90 degrees, with arms following through so that they extend to almost parallel to the level of the snow.
- Stand and return the arms

As previously stated, the timing of the various skate manoeuvres does not change.

Please note that June (alongside many of us 'old schoolers') has made reference to push and recovery phases. It is terminology that is being phased out of CANSI pedagogy. We have moved away from 'movement-based' teaching to 'skills-based' teaching: stance and balance, timing and coordination, power, pivoting, edging and pressure control. June has also mentioned body flex in double poling to 90 degrees. CANSI now advocates a less deep bend of 45 to 60 degrees.

Free Skate

- Image on a speed skater, stay flexed at the ankle, knee and hip
- Head stays looking straight ahead, hips and torso move as one
- Balance on the glide with flexed ankle, knee and hip, with upper body projected in direction of travel. Push action is completely lateral, finish with the heel, quickly

Double poling action remains the same, with some widening of the arms on the pole plant and through the push phase to accommodate the lateral drive.

A Question for Kuzmin

Hello Leonid,

I am preparing for the publication of the fall edition of the CANSI newsletter and in re-reading all the arguments back and forth a couple of issues in my mind still remain.

From experience, skis that go un-waxed for a long time are hindered in glide. You suggest that metal scraping is the solution. However, metal scraping removes a fair amount of material thereby reducing the life of the ski. This may be acceptable for racers with new sponsored gear each year but is it feasible for those of us that ski for a living and must purchase our own gear? For this reason, to lengthen the useful life of a pair of skis, are we not better to continue waxing?

Secondly, I'll refer to one of your remarks: "If in some very dirty conditions we have advantage on fresh steel scraped skis from the first step (from 0 km), in other little bit less dirty conditions we have advantage on fresh steel scraped skis from 1,5 km, in next even less dirty conditions we have advantage on fresh steel scraped skis from 3,8 km and so on. It is not very logically to say, that Kuzmin is right for the WCh'1995 snow conditions, but he is wrong for all other conditions."

Can you conclude from your research that wax should be completely removed from our wax kits?

This suggests to me that there are still indeed times when wax is faster.



Certainly in races shorter than 3.8 km with not-so-dirty conditions wax would win, wouldn't you agree? Do you have any evidence on how much slower waxed skis become after 1.5 or 3.8 kms? Many women's races are 5km or 7.5km. There is not a lot of room for error. If a racer loses ground off the mark but her skis only pick up speed after 3.8 km, the race is likely already lost.

I guess, simply put, my question is this: Can you conclude from your research that wax should be completely removed from our wax kits? If no, under what conditions or scenarios would you vote pro-wax?

Thanks for you time. I know that CANSI instructors appreciate the discussion. We are a resource to much of the Canadian skiing public and anything that makes us wiser is better!

Regards,

Karla Wikjord

Look for Leonid's response... next issue.

2006 Instructor Manual Report

After a 3rd summer of reviews and changes the manual is all but finished. Michel Desautels will be translating it come January and then we will have a bilingual instructor manual that looks updated and professional thanks to many people. I acted as coordinator and editor and, on occasion, it was painful but I'm very satisfied with the end result. After this season I will be turning it over to the Tech Committee to maintain and keep up to date. It is my hope that now that it is in an electronic format that this task will be much easier to accomplish and that it will occur.

Many thank you's to all those individuals who spent considerable time and effort in making contributions to the instructor manual.

Tiffany Edwardsen



Can You See Your Hands?

By Glenn Lee on Telemark



Stance & Balance, is one of the foundation skills for skiing. Dynamic skiing requires constant adjustment and re-adjustment of our stance to maintain our balance as we encounter changes in terrain, speed, and turn size. Look at a

smooth skier - one thing that you will probably notice is that their skiing appears almost effortless; their upper body is quiet, and they seem to flow with the contours of the slope.

Your hands (and arms) play a large role in the big picture of effective skiing. Your hands and arms act to help enhance your balance when they are out front, where you can see them in your field of vision, about shoulder width apart.

Take the time to compare what your hands are doing when you are skiing easy runs, fully in control, and when you are on harder runs - particularly when you are closer to your limits, and the skiing is not as comfortable. Chances are that when the wheels are starting to fall off in your skiing, your hands will have already disappeared from view.

A Hand(y) Drill

Take your hands out of your pole straps and put both hands on the shafts of your poles. Hold them horizontally out in front of you, about shoulder width apart. Extend your arms and round out your shoulders. Ski some easy runs, concentrating on keeping the poles horizontal to the slope and square to the fall line as you make your turns. Repeat the drill on increasingly harder runs. To make it more challenging, instead of holding the poles, try balancing them on the backs of your hands. This will show you how quiet your hands are, or give you some practice in climbing back up the hill to retrieve your dropped pole!



Putting it back together

As with any exercise, it's important to "drop the drill and retain the skill". Start using your poles normally again, but keep thinking about what was happening when you were doing the drill. Try to replicate the feelings. Work on it until it becomes natural.

Glenn Lee is a CANSI Telemark Level III based out of Ontario.

Let the French write the book!

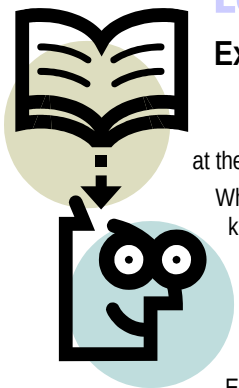
Exchanging terms: 'rotation' for 'extension'

One of the criteria in the Course Conductor's Manual for Level III has always stated: "Hip *extension* is present." In-depth discussion at the Seminar revealed that what we really mean is hip *rotation*.

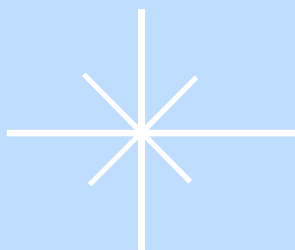
What we have in the past called hip *extension* and now will start calling hip *rotation*, happens at the very end of the kick as the hip on the kicking side rotates back and the opposite 'reaches' forward. It is core criteria at Level III and it allows us to keep the wax pocket engaged longer for a more powerful stride.

The misuse of the terms has been duly noted and will be updated in the CC Manual in the next wave of edits.

My understanding, from my limited use of the French language, is that the French manual actually uses the words correctly and that it is only the English that have it all wrong! Maybe next time the French should write the book so we can get it translated into English!



CANSI mourns the loss of another one of its own. Dave Hurd, avid backcountry enthusiast and well-known in Telemark circles, passed away last February in an avalanche in the Kananaskis. Renewal time can awaken long lost CANSI members into getting back involved but sadly, it may also be the time when we learn that we truly have lost one. Our thoughts and prayers go out to Dave's family and friends.



I am sure you have heard many people talk about core strength and stabilizers, or just throw the Vastus Medialis (VMO) and Glutes in a conversation. But what exactly do you need to know about them? Is it worth hitting the gym to work on your strength 3 times a week when your sport is mainly cardio? Can it really improve your skiing? Read on to find out.

The lingo

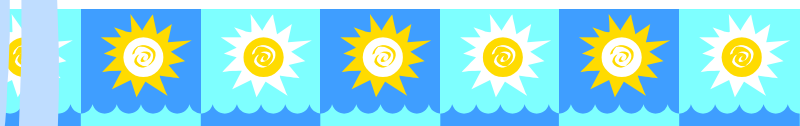
Muscles can be divided into various categories, such as *slow-twitch* versus *fast-twitch* muscles, *prime movers* versus *stabilizers*, *smooth* versus *striated*, etc. The categories that primarily interest us in this chronicle are the prime movers and stabilizers.

Prime movers are, as their name indicates, muscles designed to move segments of the body. A good example is the biceps muscle: when you flex your biceps, your elbow bends and your forearm comes towards your upper arm. These are the muscles that we old-schoolers are used to working on at the gym. The other group, the stabilizers, are less well known (you may also know them as *postural muscles*). They lie deeper, beneath the prime movers. They mainly act to hold steady positions, maintain your posture and work against gravity. A good example is the action of the Quadratus Lumborum (QL): when you are holding your balance on one leg, the other side of the pelvis stays level (it doesn't fall down), even though it is not supported by the leg anymore. That is what stabilizers do, they work to keep you aligned, not to move you.

Warm December in Ontario Doesn't Mean No Skiing

Daytime temperatures reaching +12c caused the cancellation of some courses in Southern Ontario, but on Sunday, December 17, a Telemark Refresher course was held at Mount St Louis Moonstone, north of Barrie.

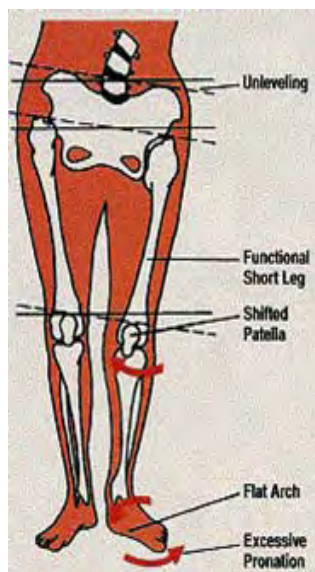
The forecast was for possible showers, and sounded like a day better suited to non-winter activities, but a small group of CANSI Telemark instructors enjoyed what ended up being a sunny day with spring-like snow conditions. The variable snow surfaces in the morning gave way to soft corn snow, and even some bumps to play with.



TRAINING THOSE SMALL MUSCLES: a recipe for hard-core glide...

Marie-Catherine is a Canadian Association of Nordic Ski Instructors (CANSI) level 3, Registered Physiotherapist, Certified Pedorthist and owner of The Sole Mate – Custom Orthotics & Footbeds located in downtown Vernon.





Keeping in line

So why are they so important if they don't move you? What happens when those muscles are weak? Typically, you don't notice at first. Slowly your posture changes and you simply adapt. It can often be the beginning of nagging injuries that just won't go away, but it can also hold your skiing back. Gravity wants to pull us towards the ground. Since bones are rigid and don't sag downward (thank goodness), gravity affects our joints by trying to pull them closer to the ground by twisting the whole body. Final result? Poking chin, hunched back, pelvic tilt, internally rotated leg and collapsed arch of the foot (see figure 1). Not a pretty picture, but also not a very efficient posture.

Apart from restricting your breathing at the chest, such rotated posture means that you are not flat on your ski. It also means that the muscles are rotated, so they hold back and cannot give you all the strength they have, fearing something would break. You can also imagine that constant rotational force on muscles can potentially cause injuries or delay healing of existing ones.

So... restricted breathing, weak muscles and skis constantly on edge... is that enough to convince you yet?

Holding a flat ski

I can hear smarty-pants saying "but don't we want our skis to be able to edge?" Yes, you do want to be able to edge, but only at the right moment, not when you are trying to glide or push straight down. You want to spend most of your time on a flat ski (particularly true for the classic technique) so you can glide. Gliding is the art of moving fast without any effort, so a flat ski is very important. Also, skis are designed to be compressed by a force perfectly perpendicular to the camber (the arch of the ski), meaning that if your foot is not flat on the ski you cannot work it properly and your ski will feel too stiff for you and you won't get a nice return of energy from it. Lastly, riding on your edge will wear out your wax a lot quicker on that side (both kick and glide wax), which is very debilitating in a long race. And let's not forget that an edged ski wants to turn... bad news when you are trying to catch Johnny!



If you are not convinced yet, take a look at these 2 photos. Look at the angles (in yellow) and how much stronger the straight lines look. Who would you bet your money on?

What to do?

So okay, you are convinced your alignment needs some work. Where to start? First of all, you must make sure that all of your joints are flexible and mobile enough to allow for proper alignment; it is not rare to see joint restrictions from old injuries limit how straight joints can be. For a good body assessment, consult a sports physiotherapist (physical therapist in the USA). Once your joints are "clear", then proceed to strength. What body parts seem to let you down? Hip? Knee? Ankle? All of them? To find out, stand barefoot on your right leg in front of a mirror (shorts will help). If your pelvis drops (as in Figure 1), then you want to focus on the hip and core (abdominal wall and low back) muscles. If your knee turns to the inside or shows an angle, then you want to work the hip (because it controls the femur) and the knee stabilizers (VMO mainly). If it is the ankle that drops to the inside and your arch collapses into the ground, then you want to focus on the lower leg and foot muscles. If everything collapses, you will probably need some help – see below. Repeat with your other leg – both legs may perform very differently.

I have my favourite pre-season (and all year round) exercises. Here are 2 that give the whole lower body a great workout.

Half-squats with ball: place a ball between your hip and a wall. Make sure you can see yourself in a mirror. Push your hip against the ball and lift your foot off the ground. Stage 1: try to hold a perfect alignment of all the joints. Once you can hold it for 30 seconds without losing the alignment, try stage 2. Stage 2: maintain perfect alignment and bend your knee into a half-squat. Focus on keeping everything aligned. Hold for 5 seconds and come back up. Repeat until you can't hold proper alignment anymore. Stage 3: perform exercise as above, but remove the ball and the wall support. Repeat with other leg.



Lunges: position yourself in front of a mirror. Place one foot on a box of approximately 30cm in height. Move your body so that the front foot is aligned with the knee. Bend down to a 90-degree angle at the knee, focusing on keeping hip, knee and ankle aligned perfectly. Hold for 5 seconds, come back up. Repeat until you cannot hold a good alignment. Repeat with other leg. A good progression is to trade the box for a body ball.

These exercises, along with regular strengthening, should be done 3 times a week in the pre-season and maintained 1-2 times a week during the ski season.



Need more help?

You have been working on these exercises religiously for quite a few weeks and you still can't get past Stage 1 of the Half-Squats? You may need a little extra help. Ask your physiotherapist or a personal trainer to assess the strength of each muscle group of the core and legs. Target any weak muscle group for 4-6 weeks and return to the exercises above.

Still not successful or just want more? Consult a certified pedorthist and assess the possibility of getting orthotics that will give you a better foundation.

Happy trails!



Pacific Report

The 2005-2006 season was a busy season for the Pacific Region. A number of courses were scheduled and run throughout the province including a northern BC XC refresher in 100 Mile, a level 2 XC course in Smithers and a number of tele courses throughout the BC and the Yukon. It has been exciting to re-establish contact with northern communities and provide improved service to these areas. We have tried to utilize the Xcitation newsletter more in order to cut some of our mailing costs but still keep our members informed. As National is still experiencing some data integrity issues, we have fielded a number of inquiries regarding the accuracy of data on membership cards and have subsequently forwarded those requests to Renee for updating. It seems as though people are tentatively beginning to regain some trust in the CANSI organization and are developing an enthusiasm to be a part of our team. I was going to update our procedures manual but as yet have not yet accomplished that and will make an effort to work on that this coming season.

This past year we had outgoing officers Rich Haywood, Brian Tuskey and Bill Perry from our board. I'd like to thank them sincerely for their years of service and look forward to continued contact with them in the future. We welcome Bruce Bennet, Mike Thomas, and Emily Kneeland to our board and I'm looking forward to their new ideas and approaches.

We look forward to another busy course schedule throughout BC and the Yukon thanks to the efforts of Mark Simpson. He did a great job of organizing last year's course schedule and I know his efforts are much appreciated by both Linda in our office and as well as myself.

Thank you to Brian Jones and Linda for maintaining and organizing an efficient office that our members can rely on.

Tiffany Edwardsen

CANSI Mountain Fiesta!

AN EVENT NOT TO MISS!

We're calling it a *Fiesta* because it's not just a refresher or a briefer or an AGM – it's all those *and more* combined into one event. And the best part about it?... IT'S ALMOST FREE!

XC Professional Development Program (PDP)

Date: February 3rd, 2007

Time: 9:00 to 4:00

Where: Canmore Nordic Centre

Meeting Place: Trail Sports, Canmore Nordic Centre

Who can attend: Anyone with a current CANSI membership – be prepared to present your card

Cost \$15.00 (Administration fee for the National Office)

Tele PDP

Date: February 4th, 2007

Time: 9:00 to 3:30

Where: Mount Norquay

What is a PDP?

...It qualifies as a **Refresher** if you pay \$15 – cash or cheque made payable to CANSI

...It qualifies as an **Examiner's Briefing** if you pay \$15 – if you are Level II or higher, you are eligible to assist or run CANSI courses. Attending a Briefing is a pre-requisite however, and one must be attended every 2 years to maintain your Examiner's status.

...It is an opportunity for you to **hone your technique**, learn about the **latest and greatest** in CANSI, brush up on your **teaching drills** and **rub shoulders with fellow CANSI members** from around the region.

CANSI AGM & SOIREE

Date: February 3rd 2007

Time: 4:30 pm

Where: Canmore Nordic Centre

Meeting Place: Bill Warren Training Centre (tentative)

Who can attend: we welcome and encourage all members to attend

What is included in your free admission?

- New CANSI Manual – on CD only
- 1 Beer ticket
- Canmore Nordic Centre Tour of Upgrades – see the changes made for the World Cup
- Door prizes!

What is your responsibility?

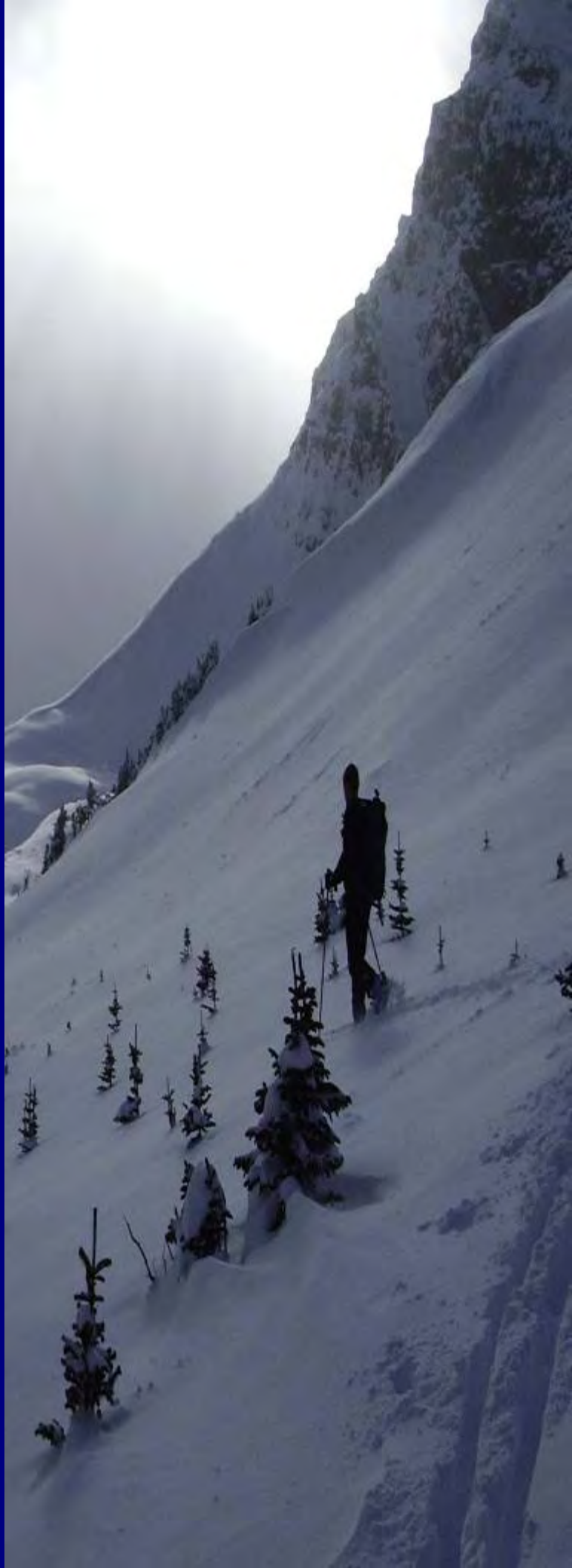
- Trail Fees or Lift Passes
- Accommodations if necessary

How do I sign up?

Log onto www.cansi.ca and look for the fiesta under courses for Alberta

If you have questions contact Tricia Wilson or John Gallagher at Trail Sports
403.678.6764

shop@trailsports.ab.ca





Comox Valley World Cup Organizing Committee
#102-2435 Mansfield Drive, Courtenay, BC, CANADA V9N 2M2
www.sportcomoxvalley.com email: ipcworldcup@iscn.ca

December 3, 2006

To: BC and Canadian Cross-country skiing, adaptive skiing and biathlon clubs, volunteers and officials

Re: Officiating and Volunteer opportunities with the 2007 IPC Nordic Skiing World Cup Finals

On March 10-14, 2007 the Comox Valley World Cup Organising Committee in association with the International Paralympic Committee, Cross Country Canada, the Strathcona Nordics Ski Club, Courtenay Biathlon Association, Vancouver Island Society for Adaptive Snow Sports, and Mount Washington Alpine Resort will be hosting the 2007 IPC Nordic Skiing (Cross Country and Biathlon) World Cup Finals. This international event will involve up to 140 athletes from 23 Nations over four days of competition plus two days of official training at the culmination of which the World Cup awards will be presented to the 2007 champions. The competition will include two biathlon and two cross-country skiing events according to the schedule below. The organizing committee is also working with VANOC since this event will be an early test event and opportunity to train Paralympic officials in preparation for 2010. For more information about 2010 officials training contact Rob Bernhardt: Rob_Bernhardt@vancouver2010.com

Call for volunteers:

The organizing committee is in the process of recruiting 150-200 volunteers to assist with the delivery of this event and while many will be recruited locally, we would like to invite interested individuals from other cross country and biathlon clubs to participate. We are looking for both new and experienced officials as well general volunteers. Since paralympic Nordic competition is relatively new to BC this is a great opportunity to learn about paralympic officiating and gain valuable international experience.

Technical volunteers needed:

Technical volunteers are required in the following areas of the competition committee:

- Competition Secretariat (computer operators, jury support)
- Timing and Results (start, finish, hand timing, computer operators, finish lynx)
- Stadium (set up, start/finish line equipment installation)
- Biathlon Range (scoring, marshalling, results)
- Course (grooming, setup, safety & maintenance)
- Competition Control (rules & technique control, access control)
- Doping Control (assist CCES doping control team)

While we reserve the right to assign interested volunteers to specific tasks based on their skills and experience, we will also consider your specific areas of interest if specified on the volunteer application.

Timelines and time commitments:

The entire event will last for 11 days (March 5-15) between the arrival and departure of teams, set up and take down. The competition aspects will take place over 6 days (March 9-14) including two official training days when full set up of the venue and courses and most volunteers will be required. There will also be a test event in association with the coastal cup on January 27-28 when key volunteers will be asked to participate as a dry run to March. Finally depending on roles there will be team specific training/briefing events scheduled on at least one weekend leading up to the main event.

We appreciate that it may be difficult for out of town volunteers to commit to the entire timeframe and we are willing to work with the realities of volunteers schedules. However consideration and preference will be given to volunteers who can provide the most comprehensive time commitments including participation in the test event.

A more detailed volunteer schedule for March is under development and will be available in early February. The following event schedule provides a general overview and time frames.



Event Schedule:

January 27-28: Coastal Cup 2&3 – Sat: Team Sprint (skating), Sun: Individual Start (Classic)

March 5: Teams begin to arrive

March 6-8: Venue setup

March 7: Cross Country Training

March 8: Biathlon Training, Team information meeting

March 9: Official Biathlon Training – full stadium, course and range setup: volunteer training, coaches meeting

March 10: Biathlon Sprint Race zero 8-9:30, race 9:45– 13:15pm, CC training 13:30-15:00 coaches meeting

March 11: Cross Country Long Distance Classic Race: 9:00-12:5 – community banquet

March 12: no races – Official Biathlon Training 8:30-14:00, coaches meeting

March 13: Biathlon Long Distance Race: 8:30 – 13:40, cross country training 14:00-15:30, coaches meeting

March 14: Cross Country Sprints: 9:00-12:30, World Cup Presentations and party.

March 15: teams depart, venue take down.

Note:

- biathlon volunteer training will take place in association with a local biathlon race in February tba.
- volunteer training and orientation dates are also being planned and will be confirmed in advance

Competition Committee contacts:

Chief of Competition: Len Apedaile, apedaile@oberon.ark.com, w 250 337-5588, h 250 337-5290

Competition Secretary: Becky Stewart, ipcinfo@sportcomoxvalley.com

Chief of Timing: Val Wootton, v.oneill@shaw.ca

Chief of Course: Marc Lyster, nordic@mountwashington.ca

Chief of Biathlon: Joe Bajan, jbajan@ee-sys.com

Chief of Stadium: Bob Lee, boblee@oberon.ark.com

Chief of Controllers: Susan Denny, dennydreher@shaw.ca

Volunteer Services:

- Event volunteers will be coordinated by Volunteer Comox Valley : email ipcworldcup@iscn.ca
- The volunteer coordinator for the event is Emily Holmes, ephoenix3@shaw.ca 250 334-2398 Volunteers will receive an event memento and other cool stuff in recognition for their help.
- Volunteers will also receive complementary breakfast and lunch together with the athletes and their teams while working at the venue.
- Volunteers are invited to take part in a variety of community and athlete socials that will be held throughout the event. Full social calendar tba.
- Limited shuttle transportation will be available to volunteers up and down the mountain and between the venue and main alpine lodge / accommodation. Airport pickup may also be arranged. Full schedule tba.

Travel and accommodation for out of town volunteers:

- Out of town volunteers should plan to travel by their own devices to the Comox Valley and Mount Washington.
- Lower mainland and sea to sky based volunteers should contact Rob Bernhardt Rob_Bernhardt@vancouver2010.com who will be coordinating group travel from this region to the Comox Valley.
- Local accommodations are available on Mount Washington and in the Comox Valley. Contact Susan Sanderson at Mount Washington central reservations: 1888 231-1499 or check out <http://www.tourism-comox-valley.bc.ca/accommodations.asp> - check the event website for up to date preferred accommodations.
- Upon special request the organizing committee will attempt to arrange a limited number of billets.

For more information or to fill out a registration form please visit us at:

http://www.investcomoxvalley.com/2010_CC/IPCEvents.html

email: ipcworldcup@iscn.ca

or please complete, fax or email in the attached volunteer form



- Volunteers Needed -
2007 International Paralympic Committee (IPC)
NORDIC SKIING WORLD CUP FINALS
March 10-14, 2007

The Comox Valley World Cup Organizing Committee is honored to be coordinating the **2007 International Paralympic Committee (IPC) NORDIC SKIING WORLD CUP FINALS** on Mount Washington and in the Comox Valley. This incredible event requires dynamic and dedicated volunteers to make it a success. Over 125 athletes, from 23 countries along with their coaches and their fans will be coming to the valley to ski our Mountain. Race dates are March 10,11,13 & 14.

Volunteers will be involved in lots of work *and* play as we showcase our abilities as a community to hold World Cup caliber events and play host to some of the most elite winter athletes in the world. If you are interested in being a part of this team, please complete this form.

Volunteers required for:

Team Attaché – Meet the team, act as their Comox Valley ambassador during their entire stay assisting them when needed. This is an excellent opportunity for an individual or group that speaks a second language. Must have a vehicle. A commitment is required from March 8 to March 15.

Technical - ie: Cross Country or Biathlon - Secretariat, Stadium and Competition Control, Course, Timing & Results, Doping control, Medical). Must also be available for the Coast Cup test event the weekend of Jan 27-28, 2007 + 1-2 training sessions). [Great opportunity to gain experience to help in 2010!]

General Volunteer – Assist with transportation (must have a valid BC drivers license), hospitality, parking, security and set up and clean up.

Some volunteers may be required to complete a criminal records check.

For further information please call

Emily Holmes

Member of the Comox Valley World Cup Organizing Committee, 334-2398

or visit www.sportcomoxvalley.com

Please complete and return this section to:

Volunteer Comox Valley
Attention: Adda
201B 102-2435 Mansfield Drive
Courtenay, BC, V9N 2M2

Email: ipcworldcup@iscn.ca

Fax: Emily Holmes 250-334-8666

Name _____

Phone # _____ Cell (optional) _____

Email Address _____

Mailing Address _____

Postal Code _____

Please contact me via _____ Email _____ Mail

I AM INTERESTED IN:

Team Attaché (Specify Nation) _____

Technical (Specify area/experience): _____

General Volunteer: _____ Transportation _____ Set Up
_____ Security _____ Hospitality _____ Parking
_____ Clean Up _____ Banquet _____ Promo

Dates: March _____ 8 _____ 9 _____ **10 (race)**
_____ **11(race)** _____ 12 _____ **13 (race)**
_____ **14(race)** _____ 15 _____ 16

Times: _____ am _____ pm

Besides English I can speak: _____

I have a car: _____ Yes _____ No

Please describe special skills and/or related volunteer experience: _____



199\$

**anorak/jacket
S-09**

- Isolant Thinsulate 100 gr.
 - Coutures scellées
 - Ventilation sous les bras et au dos
 - Capuchon détachable
- Grandeurs: XS, S, M, L, XL, XXL, XXXL
 Couleur: rouge

- Thinsulate insulation 100 gr.
 - Sealed seams
 - Pit-zip and back ventilation
 - Detachable hood
- Sizes: XS, S, M, L, XL, XXL, XXXL
 Colour: red



49\$

**Microtherm
zip neck
CRU-02**

- Extensible
 - Réfléchissant
 - Points de fantaisie
- Grandeurs: XXS, XS, S, M, L, XL, XXL
 Couleurs: noir/rouge, noir/noir

- Stretch
 - Reflective
 - Cover stitch
- Sizes: XXS, XS, S, M, L, XL, XXL
 Colours: black/red, black/black



169\$

**Soft shell
anorak/jacket
CVU-34MA**

- Soft shell
 - Manches détachables
- Grandeurs: XS, S, M, L, XL, XXL
 Couleurs: noir avec piping argent

- Soft shell
 - Detachable sleeves
- Sizes: XS, S, M, L, XL, XXL
 Colours: black with silver piping



69\$

Windstopper Vest with softshell back VU-33W

- Col avec finition coussinée
- Protège - menton
- Grandeurs: XS, S, M, L, XL, XXL
- Couleurs: rouge, noir
- Soft padded collar
- Warm chinguard
- Sizes: XS, S, M, L, XL, XXL
- Colours: red, black



169\$

Pantalon/Pants Q-01

- Avec bretelles
- Zip latéral pleine longueur
- Jambe ergonomique
- Coutures scellées
- Grandeurs: XS, S, M, L, XL, XXL
- Couleur: noir
- With suspenders
- Full side zip
- Articulated ergo leg
- Sealed seams
- Sizes: XS, S, M, L, XL, XXL
- Colour: black



9.95\$

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Code postal/Zip code: _____ Téléphone/Phone: _____

N° carte de crédit: _____
Credit Card Number: _____

☐ Visa ☐ Mastercard ☐ Amex Date d'expiration: _____
Expiration Date: _____

Nom sur la carte/Name on the Card: _____

Votre nom en lettres moulées:
Your Name (please print): _____

Signature: _____

allouer 3 semaines de livraison/delivering in 3 weeks

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AVALANCHE

QUÉBEC, 3930, boul. Hamel
Tel.: 418.877.5584 Fax: 418.877.6400

SOUS-TOTAL/SUBTOTAL: _____

Frais de transport et de manutention:
Minimum shipping and handling charges: **15.00 \$**

TPS (6 %): _____

TVQ (7.5 %): _____
Québec seulement

TOTAL: _____

CANADIAN ASSOCIATION OF NORDIC SKI INSTRUCTORS

ANNUAL GENERAL MEETING

DECEMBER 2, 2006

SILVER STAR, BC

1) **Call to Order**

7:18 pm

2) **Roll Call**

Tiffany Edwardsen, V.P., Henry Madsen and 8 other members

3) **Motion to Approve the Agenda**

M/S: Ken S. , Stephane Perreault

4) **Motion to Approve the Minutes of December 10, 2005**

M/S: Henry M., Glenn Lee

5) **Business Arising from Minutes**

No Business

6) **President's Report**

Circulated

Discussion surrounding the amount of work that was done in the last year. Questions arising surrounding whether or not Louis Garneau is still providing uniforms. If not then Stephane Perreault has a contact with Alti.

7) **Treasurer's Report**

Motion: To accept the treasurer's report

Moved: Ian Hughes, Keith Nicol

Discussion regarding a line item for the Tech Committee should be included in the financial report. Monies raised from the seminars should be reverted back to the Tech Committee for future use. It was noted that the costs for the newsletter are significantly less due to there not being a printed version. Questions arising regarding the office contract payment and whether it will remain the same or increase or decrease now that the website is operational.

8) **Appointment of Auditor**

Motion: Accept Collins Barrow Chartered Accountants as the Auditors for 2006-2007.

M/S: Tiffany Edwardsen, Henry Madsen

Carried

9) **Technical Chairman's Report**

Circulated

No Discussion

10) **Motions Previously Submitted**

Circulated

Motion: That Article II of the CANSI By-Laws be amended to read as follows:

Professional

A Professional member of CANSI is any member residing in Canada who has successfully completed a cross country or telemark instructor certification course conducted by CANSI, attends a refresher at a minimum of every three years, and pays yearly membership dues. A Professional member has full voting rights, is entitled to liability insurance while teaching Nordic skiing and is entitled to the latest technical information via newsletters, manuals, and the website.

A Professional member is considered certified by CANSI to teach the appropriate and applicable level(s) of XC or Telemark skiing.

Associate

*An Associate member of CANSI is any member residing in Canada who no longer meets the requirements of professional membership but still pays yearly membership dues. This includes members who have allowed their certification to lapse and members who have not successfully completed an instructor certification course conducted by CANSI. An Associate member has full voting rights and is entitled to the latest technical information via newsletters, manuals, and the website but is **not** entitled to liability insurance.*

If an Associate member recertifies within a ten year period of his/her last Professional status or successfully completes an instructor certification course, he/she may resume Professional status.

An Associate member is not considered certified by CANSI to teach.

Affiliate

*An Affiliate member of CANSI is any person or organization who pays membership dues. An Affiliate member has no voting rights and is **not** entitled to liability insurance; but is entitled to the latest technical information via newsletters, manuals, and the website.*

An Affiliate member is not considered certified by CANSI to teach.

Honorary

*An Honorary member of CANSI is any person or organization who has been appointed by the Board on the basis of their contribution to CANSI or to the sport of Nordic skiing in general. An Honorary member has full voting rights and is entitled to the latest technical information via newsletters, manuals, and the website, but is **not** covered by liability insurance. An Honorary member is not required to pay yearly dues. Unless designated so by the Board, an Honorary member is not considered certified by CANSI to teach.*

Discussion

The Board recommends these changes to clarify the responsibilities CANSI has towards different categories of Members.

M/S: Ontario, Keith Nicol

Discussion surrounding limiting out of country people from being Professional members rather than Affiliate. Recommendation to heck with the insurance company that we should change the wording from "A Professional member has full voting rights, is entitled to liability insurance while teaching Nordic skiing..." to "...while teaching Nordic skiing in Canada...". Carried.

Motion:

M/S: Ontario, Ken S.

No Discussion

Carried

Motion: The CANSI fiscal year run from May 1 to April 30 annually, changing from July 1 to June 30 as at present.

M/S: Ontario, Glenn Lee

Discussion surrounding the advantage of changing the dates.

Defeated

Motion: The CANSI fiscal year run from October 1 to September 30 annually, changing from July 1 to June 30 as at present.

M/S: Glenn Lee, Henry Madsen

Discussion that these dates coordinate better with National seminars in order to have more members present.

Carried

Motion: That the attached logo be approved for CANSI clothing going to Interski 2007.

M/S: Karla Wikjord, Tiffany Edwardsen

No Discussion

Carried

Motion: That the CANSI delegate team be provided with manuals on CD to share with other member countries.

M/S: Karla Wikjord, Brian Tuskey

Discussion: It is recommended that delegates take up to a maximum of 30 CD's.

Carried

11) Motions from the Floor

No Motions

12) Election of Officers & Directors

Slate of Officers

- i. President
- ii. 1st Vice-President Tiffany Edwardsen
- iii. 2nd Vice-President & Secretary/Treasurer
- iv. Technical Chairperson

There not being any other board members present the election of officers is delayed until the next board meeting.

13) Regional Reports

Circulated

Quebec Report: Quebec will continue as they normally have until the web registration has had a chance to improve and work through it's new trials.

XCitation Report: It was suggested to approach Guy Lavoie to become next Editor of the XCitation.

Web Project Report: Garry Almond discussed the issues surrounding the data integrity and that it'll be a difficult year ahead in updating.

14) New Business

Motion: The business and activities of the Board of Directors of the Canadian Association of Nordic Ski Instructors, conducted since the last General Meeting of the membership, be approved in their entirety.

M/S: Ian Hughes, Ken S

No Discussion

Carried

15) Next AGM

Recommendation that the next AGM be held in conjunction with the next National Seminar held January 10-14, 2008 in Ontario.

16) Adjournment: 8:56pm

CANSI Technical Committee Meeting - Sat. Dec. 2/06 - Silverstar

Participants

Keith Nicol – Atlantic Technical Representative

Stephane Perreault – Quebec Technical Representative

Steve Gentles – Ontario XC Technical Representative

Glenn Lee – Ontario Telemark Technical Representative

Ken Schykulski – Central Technical Representative

Henry Madsen – Mountain Technical Representative

Mark Simpson – Pacific Technical Representative

Garry Almond – Ontario Advisor

Brian Tuskey – Pacific Advisor

Chair: Mark Simpson

Minutes: Glenn Lee

Meeting called to order at 13:20 Pacific Time

1. Minutes from previous meeting – Oct 20, 2006

-reviewed minutes, updated agenda with additional items under New Business

a.MOTION: accept minutes as presented – CARRIED

2. National Seminars

-discussion arising from feedback from XC National Seminar

a. Registration

i. All attendees to self-register via web or by phone

ii. Registration will be cut off 14 to 7 days prior to start (Administrator can manually add late registrations)

iii. Registration restricted to Level III/IV XC and II/III Telemark

b. Duration

i. 2+1+2 day format with Technical Committee meeting in the middle

ii. Alternate scheduling XC and Telemark – next year Telemark will be the first 2 days

c. Content / Flavour

- i. Mountain wanted more focus on pedagogy and personal feedback
- ii. Need to balance sharing of information / skiing / technique & dialogue, time spent on grid / terrain
- iii. Registrant survey to be completed before seminars to give feedback on desired format / objectives
- iv. Seminars will be broken down into 4 segments (AM/PM for each of two days). Each segment will be the responsibility of a single presenter. Details on presentation will be filled in ahead of time.

d. National Course Conductor Qualifications

-discussion on new XC Course Conductor and Telemark Course Conductor

Certifications maintained in the Learning Management System (LMS)

- i. Each Region is responsible for updating Course Conductor Certifications in the LMS
- ii. Attendance at both days of the 2-day National seminar is required to qualify as a National CC Briefing.
- iii. MOTION: reword course conductor criteria 6b on page 5 of Course Conductor Manual from: "For national courses, this must be either the National Examiners Briefing (aka National Seminar) or a national briefing held in the region by someone who has attended the National Briefing that same year" to: "For national courses, this must be either the National Examiners Briefing (aka National Seminar) or by alternate arrangements approved by the Technical Committee for exceptional circumstances"

CARRIED.

3. CC Manual Revision Process

Glenn presented "Evolving the Course Conductor Manual using Collaborative Tools"

- a. MOTION: The Technical Committee will use Google Docs to maintain the Course Conductor manual

CARRIED.

b. Process:

- i. No additional collaborators will be added; collaborators can add viewers
- ii. Glenn will act as document owner, Steve will be XC Editor, Mark & Brian will share responsibility for editing Telemark content. Editors are responsible for ensuring consistency and writing style.
- iii. New version will be released January 22, 2007 and will become revision 0 of the next version.
- iv. Any new motions regarding changes to the Course Conductor manual content are to be handled in the Google Docs.

4. New Business

a. Regional Briefings / Refreshers

-discussion on providing refreshers in under serviced areas

-discussion of alternative ways of delivering refreshers: online courses, video review

- i. MOTION: For the 2008 season CANSI will offer XC and Telemark Refreshers in all regions, pricing and format TBA.
- ii. ACTION: Brian will investigate alternative refresher formats (e.g. CASI eprep)

b. Technical Committee National Seminar Budget

-it is the understanding of the Technical Committee that revenues from the National Seminars are allocated for the use of the Technical Committee

- i. Reimbursements are for travel, lift/trail passes, accommodation, meals
 - ii. ACTION: All – submit reimbursement requests to Mark, Rich within two weeks
 - iii. ACTION: Mark will contact Rich and determine allocation of reimbursements and notify Renee
 - iv. ACTION: All – submit reimbursement requests with receipts to Renee; Renee will pay requests as approved by Rich
 - v. Each National Seminar will have 1 facility coordinator and 4 session content providers (see 2.c.iv above)
- these roles should be established early
- only outside resources should be reimbursed

c. Course Conductor Certification

-see 2.d above

-tutorial sessions were held for all regional technical representatives

d. XCitation

-discussion on providing timely material for XCitation

-all information is to be sent directly to communications@cansi.ca

e. Next National Seminar

-discussion on timing of National Seminar held in the East

i. The next National Seminar will be January 10-14, 2008, to be hosted by Ontario, and held in the Collingwood area, with Ottawa as a backup. The National Telemark Seminar will be January 10,11 2008. The Technical Committee meeting will be January 12 2008. The National XC Seminar will be January 13,14 2008.

f. Standardization of Course Duration and Costs

-discussion on standardization of course costs

-conclusion: that at this time, national standardized pricing is not feasible due to regional differences

g. Timing and Frequency of Technical Committee meetings

i. Next meeting Monday January 22 18:00 Pacific, to be held in Teleconference format

h. National Office Support

-discussion on course registration via telephone

Meeting Adjourned at 17:30.

Répertoire CANSI Directory

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(613) 822-1267
office@cansi.ca
www.cansi.ca

Secrétariat XCitation Office
Karla Wikjord
c/o CANSI National Office

Paul Graner, President
president@cansi.ca

Rich Haywood, Technical Chair
technical@cansi.ca

CANSI Atlantic/Atlantique
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3 Westview Avenue
Cornerbrook, NL A2H 3B7
(709) 634-9962
info@atlantic.cansi.ca

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200 Main Street
Winnipeg, MB R3C 4M2
(204) 925-5839
info@central.cansi.ca

Regional Office

Board Rep./ Délégué au conseil

Tech. Comm. Rep./ Délégué technique

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