

xcitation

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

Spring - Saison 2007

volume 38 issue 4

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Instructor Rant

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- because there are kickers

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Pourquoi voulez-vous être capable de faire des 360°

- simplement, parce qu'il y a des sauts

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In honour of Mike Moran.

En l'honneur de Mike Moran...

Printemps - Saison 2007

volume 38 numéro 4

Cover photo - "The Burn" - Amiskwi
Glenn Lee

Editor's Note



Well, the seemingly never-ending argument over rotation is hitting the press yet again. I offer you a wonderful quip on the issue in Glen Cowper's Instructor Rant. Henry Madsen also takes a stab at the debate in response to Glen's email (or should I say **addition**) after having some in-depth discussions with the famous Marty Hall, ex-national team coach and writer of Hallmarks in SkiTrax magazine.

There's a little in it for everyone this time 'round. You can let your mind travel to New Zealand or to Amiskwi Lodge; you can check out new gear; you can even solve your stinky boot

problem! It's a full issue. And I appreciate all those who've stepped up to the plate to make my last issue a superb one.

Yes... I am saying good-bye to the position of XCitation Editor and moving on to a new phase in my life. We got the dog, moved and got the new house, and we got married – my focus is now on other priorities. But I do look forward to some fresh faces, some new blood and an unsullied take on XCitation from the new editor – say hello to Sherryl Yeager. Reading it rather than writing/editing it will be a treat.

This is not to say that I didn't thoroughly enjoy being editor. I emphatically thank all those who have supported me in the task over the years. To name a few: Michèle, my faithful translator; Keith, the Technically Speaking guru to always come through in a pinch; CANSI Ontario and your amazing communications team who dutifully produced regional reports and tidbits every issue (if only every region were so organized!); Tiffany, who seems to be the all-things-one-woman-show in BC; my Ask A Pro responders who always came up with the answers even if I didn't receive any questions; and Brian, my partner, who was the best CANSI sounding board I could ask for (he always just nodded!). Of course, there are countless others to be thanked; too many for an Editor's Note.



Now, being that I'm still officially the editor, what I'm about to write next is probably politically incorrect. 'Opinions' aren't the job of the editor. But I couldn't let a good Rotation Rant go by without a peep!

I have a little story to tell; a personal experience. I once had some coaching from someone other than a CANSI instructor; someone whom I knew to be an advocate of "in the line of travel". I was sloppily offsetting up a hill thinking nobody was looking and received some advice I fully expected to hear based on my skiing at the time. "Keep your torso down the middle, Karla. You are wasting too much energy swinging side-to-side."

I was sent back down the hill to give it another go. I DID NOT keep my torso down the middle, however. I, in fact, made sure that I was committed to the ski with my torso facing down the ski but, most importantly, with my entire torso working as a unit.

You see, I had a funny feeling that what some down-the-middle advocates were calling rotation was actually a separation of the shoulders from the hips. Let's face it. Many people who try rotation do it with just their head and shoulders. Even in the CANSI world this is technically incorrect. I reached the top of the hill on the second time around with a resounding, "Excellent!" from my coach.

So here's the question that I would like to put out to the membership as I sign out (and this by no means is meant to be negative towards our Level I's – we are all on a learning curve here): Based on the fact that the majority of our members are Level I's and likely the majority of Level I's haven't mastered the art of rotation with the torso working as a unit nor with the stride being fluid and flawless, could it be possible that the message we are sending to the public and to the coaching/high performance world is, "Here's a CANSI member and we believe in rotation"?

Could we possibly throw out the word rotation all together and say, "Here's a CANSI Level I, an entry-level instructor"? Is it possible to throw

out rotation and say, "This is how we balance," vs. "This is how we accelerate"?



Make no mistake. I am a believer in balance being the most fundamental skill and in skating, teaching that through rotation. But when I can sit amongst other top-level CANSI instructors at a seminar watching video of Beckie Scott, where certainly one instructor is saying, "Look at Beckie. Clearly there isn't any

rotation," and at least ¾ of the others are saying, "Clearly there is," then I think our problem is not in the end product, not in what our Level I's are eventually trying to achieve, but in the definitions and perceptions of rotation amongst different groups of people.

Balance needs to be the first skill addressed and you can't do it by keeping your torso down the middle. So skip rotation and talk about commitment; skip rotation and talk about long glides; skip rotation and talk about landing on a flat ski. And once the balance has improved enough that the skier feels pretty competent on their skis, introduce narrower V's and higher turn-overs.

It's time to throw out the word and throw out the argument? I'm pretty sure, (and Glen, Henry, Marty... AND the latest Swedish DVD "X-Country" interviewing Bjorn Lind on skating technique have strengthened my opinion on this one – check it out!) the concept "formally known as rotation" is here to stay!

I, however, am not! I may pass the reins with a boisterous tirade as I am surely known for on the snow tho' try so hard to suppress in print, but I hope that it doesn't fall on deaf ears. Thanks for all the years – now... listen to Glen and Henry! Go boys!

Karla

Letters to the Editor

Question for Ulf

Hello,

I have a question about the "Five Main Points" for classic skiing by Ulf Kleppe in the Christmas XCitation.

I found the points very useful, but there was one small thing I did not understand. In the description of an "Athletic Stance", Ulf outlines Point d) as "Keep the ankles and knees bent", which is clear. However, Point d) is then elaborated upon as follows: "i. Look down to see the bindings ahead of the boots."

I was wondering if somebody could explain the significance of this: as far as I can work out, my bindings will always be ahead of my boots because the boots are stuck to the bindings that way! Any clarification that Ulf could offer would be much appreciated, and alleviate some head-scratching on my part.

Cheers (and thanks for such a delightfully technique-filled newsletter!),

Katherine Kitching
Program Coordinator
Mooney's Bay Ski School

Ulf's response:

The bindings ahead of the boots should read..."should only see the bindings, not the boots". Hope this helps...

Ulf



Member shares tele video

Greetings,

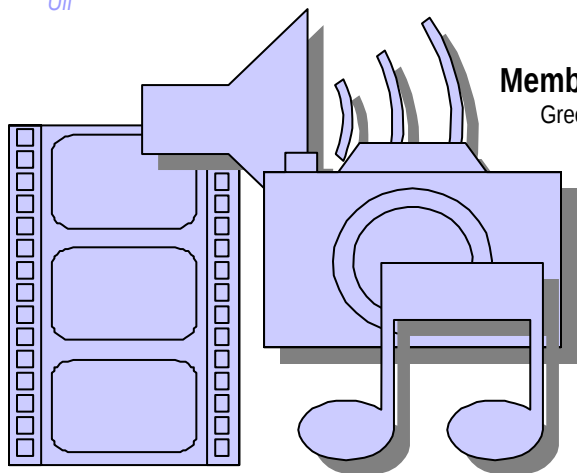
I just thought you might be interested in sharing this video with the rest of our CANSI members. This was shot on my practice weekend before my course at Red mountain in November. The music is the Jodlergruppe Bolsterlang, friends I made while living in Bavaria.

Enjoy,

Paul Wagner

P.S. My ski ability has improved since my classes with Ed.

Paul's video has been uploaded to <http://video.google.ca/videoplay?docid=-9122438539119808458&hl=en-CA> for all of us to enjoy. Thanks Paul.



Thanks!

As this is Karla's last official issue as editor of XCitation, the Board would like to take this opportunity to thank her for the outstanding job she has done. She has developed a fantastic newsletter that we look forward to reading. She is a dedicated member of CANSI and she has worked hard to provide each and every newsletter to keep the membership informed on all subjects within the cross country world. She will be missed; although, I suspect that she will continue to be involved in some special projects here and there.

Not to fear though. The thorough individual that she is, Karla has found her replacement and will hand over the reins to our new editor of XCitation. We welcome her and look forward to next season's newsletter just as much as ever.

Tiffany Edwardsen
Vice President
CANSI National





A Postcard from the Snow Farm

G'Day mate! Greetings from the sunny Southern Hemisphere! As summer has now turned to fall, I'm getting stoked for another season of stellar skiing at the Snow Farm. Located 35km from Wanaka and some 1500 metres up the Pisa Range of New Zealand's Southern Alps, the Snow Farm affords the best Nordic skiing in the Southern Hemisphere. Facilities include 55km of professionally groomed trails, two huts fully equipped with woodstove, cooking facilities, and bunk beds, access to one backcountry hut, and an excellent international instructional team. Accommodation is available in Wanaka or on the mountain itself. With amazing sunrises, sunsets, and



dare I say, "Lord of the Rings-esque" scenery, the Snow Farm is the place to be. And you won't be alone on the mountain, National XC teams from all over the world (including our own Canadian team) stay and train on the mountain throughout the southern hemisphere winter.

There are a heap of events happening throughout the ski season, including: weekly sprint races, ski orienteering, Continental Cup FIS Races, an ITU World Cup Winter Triathlon, a 6 hour XC race, and the pinnacle of the season at the Snow Farm – the Merino Muster. The Merino Muster is a freestyle citizen race with distances of 7km, 21km, and 42km. This race, held on August 18th, takes place one week before the Kangaroo Hoppet. While you are in the area, you might as well hop on a flight to Melbourne and travel up to Falls Creek to take part in what is probably the most unique and least attended World Loppet race. Where else can you ski amongst the snow gum trees and spy the occasional kangaroo on the road up to the ski field?

With four other ski fields in the immediate area of Wanaka, there are also endless telemark and backcountry skiing opportunities. By now, you may be wondering how I came to be so knowledgeable about all of this? I traveled to New Zealand last June to instruct for a season at the Snow Farm. I had such an amazing time that I'm staying for another ski season!

So, don't put your skis away until next winter - come and check out the Snow Farm this July or August! If you don't want to travel with your own ski gear, there is a broad selection of rentals

available at the Snow Farm, including classic, skate, and backcountry gear. I look forward to seeing some more Canadian faces at the Farm this winter!

Cheers!

Karen Messenger



Check out the following websites for more information:

The Snow Farm: www.snowfarmnz.com

New Zealand Tourism Information: <http://www.newzealand.com/travel>

Kangaroo Hoppet: <http://www.hoppet.com.au>

Instructor Rant: How much pedagogy do we really need in the Instructor's Manual and how can we justify trading valuable basics for the high performance model when our clients generally aren't high performance skiers?

By Glen Cowper

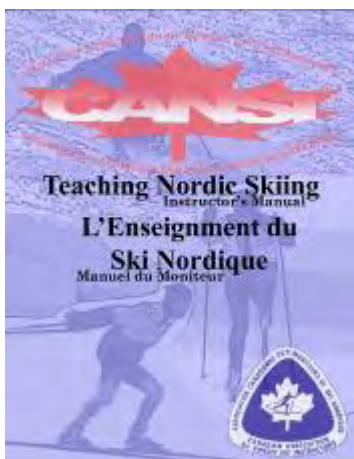
J may be stirring the pot a bit but I pose a few questions. Heck I've been skiing more these days and volunteer teaching a bit more this season than I have in quite a few years so here goes . . .

First, the question, "do we need pedagogy for every nuance of skiing?" [Referring to lane changes and technique transitions.] While I certainly can agree that our Level 3 and 4 instructors should have some pre-defined requirements to demonstrate their versatility of skills via smooth transitions through all manner of techniques, I do question the practicality of trying to package this "synthesis" of an "open" concept into "closed" elements for the vast

majority of our learners to understand. Heck, I am as obsessed an instructor as they come, and my eyes gloss over at the prospect of reading something like this. It reminds me of the "Three Step Diagonal Stride" most of us are embarrassed to admit remembering.

Include a small reference to it in the main manual. But I think the rest of this (pedagogy, etc) is probably best placed for examiners and course conductors to look at in terms of course work at Levels 2, 3 and 4. Keep it simple for the general consumption manual. These items are really a synthesis of all other techniques as applied to terrain skiing.

On a similar vein, do we



have in our new manual the "Half Snowplow" as a separate technique? We never used to and yet it is something that is also a very practical skill that must be taught to all learners as they start out. How far do we break things down?

Are we just jumping into the "High Performance" bandwagon and cutting our pedagogy to suit what is being panned appropriate for the Formula One set...?

Or, for instance, if we go with "pole in the direction of travel" for skating then do we need a "but remember that if you are teaching beginners then this pedagogy will very likely create more problems than other fundamentally practical approaches to getting first time skiers to actually glide on one ski better between skating actions. And after they become more accomplished skiers (i.e. have balanced glide) then they will progress toward an increasing ability to pole more in line with the direction of travel as their ground speed increases (and their effective V narrows)."

I can't tell you how many skiers I have watched over the last few years who can't perform a balanced glide if their life depended on it and yet they are working their a#\$%s off trying to pole down the line of their hoped-for direction of travel at a pathetically slow speed, all the while grinding their shins, knees, hips, arms and spirits into their own personal hell. And all because some of our esteemed technical leadership have made this the new mantra for ski skating.

I have been a bit out of the loop on this one for a while so please advise me on what the heck is going on here. Are we just jumping into the "High Performance" bandwagon and cutting our pedagogy to suit what is being panned appropriate for the Formula One set and then trying to apply it to the other 95% of humanity, that are either in the "I'm-keen-but-getting-progressively-older-and-stiffer" or the younger, "I'm-overweight-because-I've-been-absorbed-by-the-fast-food-and-electronic-age" sets?

When this "in line of travel" concept first raised its head several years ago I provided this type of input to an audience suffering from "group think". Even from a purely biomechanical perspective the concept doesn't hold water in all

circumstances. The application of pole propulsion within a movement pattern that is fundamentally a combination of lateral vectors (legs or poles) is purely influenced by the angle of the vectors and this, by definition, varies continuously depending on temperature, wax, slope, and most importantly, for those of us trying to teach the masses, fitness and athletic ability.

Propulsion and learning, in all human motion, is best thought of in gradients of choices, not hard and fast rules that will not work for all circumstances experienced in reality. Pedagogy, in my mind, needs to follow our evolving understanding of what those gradients are for any given style of movement. It is generally more difficult to think and present information in these terms because we end up with a pedagogy that is variable to the learner, the environment, and the desired outcomes. More difficult, yes, but probably much more fun for both us and our students.

...Otherwise, we end up catching the latest wave of "look at what he or she did to get the Gold... I guess we should all do that" syndrome that frequently pulls [us] along the merry path of "Technique of the Month".

This concept also applies to the topic of "how far do we press down with our upper body" or "how do we press forward with our upper body" or "what body parts are involved and when in terms of propulsions" when double poling? The "High Performance" bandwagon pulled everyone along on the "crunch only and higher turn over" for a while and now I am hearing rumblings even in the HP community that this is not a practical or effective approach in all circumstances. Hmmmm... Back to the principle of "gradients".

I think we need some guiding principles for evolving our pedagogy and mechanical analysis. Otherwise, we end up catching the latest wave of "look at what he or she did to get the Gold . . . I guess we should all do that" syndrome that so frequently pulls the Canadian coaching community (and now CANSI) along the merry path of the "Technique of the Month".

Like I said, I am probably just stirring the pot. But then again who am I? An out of shape, aging, thinks he "once was", who probably will think like an instructor to his dying days.

Cheers,
Glen

Glen is a CANSI Level IV
XC in St. Albert, AB.



Teaching Rotation in Skate Skiing

By Henry Madsen



Over the last few years many instructors have been involved in the seemingly endless discussion regarding the appropriate amount of upper body rotation during skating. In a recent seminar at Silver Star, CANSI instructors once again tackled the issue, and once again, left without firm resolve. The key question remains: Does the upper body project in the direction of the glide ski (nose, knees, toes), or does the upper body remain firmly projected in the direction of travel? The debate seems to stem from analysis of video where world cup racers demonstrate minimal upper body rotation, and as a result, many instructors and coaches have taken up non-rotation as the new mantra for ski skating. As one of my Level IV colleagues, Glen Cowper, expressively wrote, "I can't tell you how many skiers I have in our club now, who can't perform a balanced glide if their life depended on it, and yet are working hard to pole down the line of travel at a pathetically slow speed, all the while grinding down their shins, knees, hips, arms and spirits".

Two factors favor teaching rotation to our students. These are:

- 1) the physical characteristics of the skier and terrain, and;
- 2) effective teaching, or pedagogy.

Physical Characteristics of the Skier and Terrain:

Before jumping on the high performance band wagon, we need to consider physical characteristics of the skier and terrain. Skiers should strive for a flat glide ski. This is achieved with full weight transfer, either by projecting in the direction of the glide ski, or by lateral movement with a significantly bent ankle and knee throughout the glide phase. The latter may be possible for conditioned and experienced cross country athletes but it is very difficult to achieve for the novice. Teach rotation.

...lateral movement... may be possible for conditioned and experienced cross country athletes but it is very difficult to achieve for the novice. Teach rotation.

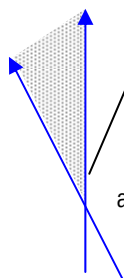
For the high performance athlete, speed is the goal. These skiers put a premium on high cadence or turn over between strides. Couple this with the narrow "V" that higher speed requires, and the projection of the athlete is more in the direction of travel. Note however that beginner and novice students are unlikely to sacrifice length of glide for high cadence, or a narrow "V". Teach rotation.

Like the physical characteristics of the skier, terrain conditions are constantly changing. The same trail that yesterday required a one skate, today may require an offset. A skier's technique will change in response to temperature, humidity, grooming, and the age of snow. Decreased speed or increased resistance, the result is the same. Skiers must adjust technique based on fitness and terrain. Our bodies, and especially our hips, should be facing the direction of the glide ski for increased glide. To put it simply, to maximize glide we should be double poling in the direction of the glide ski. Again, the conditioned athlete can minimize the amount of rotation by lateral movement on a bent leg, with high cadence and a narrow "V". However, generalizing from "formula one" racers, to the beginner or the recreational skier, is a mistake. Teach rotation.

Henry Madsen is a CANSI Level IV XC based out of Edmonton, AB.

Direction
of travel

Direction
of glide



Effective Teaching and Pedagogy:

Different fitness levels, equipment, experience, age and body

proportions all influence a skier's technique. Skiers improve incrementally, and their progress is measured along a continuum. In order to provide the very best feedback and skill improvement exercises, we as instructors should not be following hard and fast rules dictated by our observation of world class skiers. Rather, our pedagogy should follow our evolving understanding of where students are on a continuum of skill and learning. This is more difficult for high level instructors because our feedback varies according to the learner, the environment and the desired outcomes. This approach to teaching along a continuum avoids the "gospel" of projecting in the direction of travel. Who is the learner? How can we best move that individual towards efficient and effective technique? Is there more benefit to teaching effective and efficient glide on one ski (with its inherent rotational requirement), or high cadence - narrow "V" race technique? Instructors need to focus on solid weight transfer and hip rotation. As students move along the continuum, they will improve their fitness, efficiency and technique to suit the terrain and conditions, and their rotation will decrease as their effective "V" narrows and their ground speed increases. Simply put: Teach rotation.

Whether you are a recreational skier, or a high performance athlete, the foundational technique is the same.

To restate the original question, does the upper body project in the direction of the glide ski (nose, knees, toes), or does the upper body remain firmly projected in the direction of travel? Over-rotation, or torquing the body outside the direction of travel of the glide ski, is incorrect. Our bodies and especially our hips, should be in line with the direction of travel of the glide ski, especially as we learn the technique. Then, as fitness and terrain dictate, a narrower "V" will result in less rotation of the upper body. Whether you are a recreational skier, or a high performance athlete, the foundational technique is the same.



The Cure for Dreaded Stinky Ski Boot Syndrome

By Chris Lee

CANSI Level III, Pacific Region (hence, his reference to skiing in the rain ☺)

As ski instructors, we all know the nice feeling of having to step into a pair of wet ski boots. Even nicer, is the nice smell that emanates from a wet pair of ski boots – whether it be a rental boot, your friend's boot or even your own. While such scents can be great at helping to deter theft of ski boots and for helping to create personal space, they are generally not welcome by everyone.

While such scents can be great at helping to deter theft of ski boots and for helping to create personal space, they are generally not welcome by everyone!

What causes such pungent odours to exist in shoes and boots? In short, the smells are caused by bacteria that thrive in warm, moist places such as your ski boots. If you manage to be diligent in drying out your ski boots immediately after every use, stinky ski boot syndrome may take longer to appear or may never appear at all. There are some consumer products available that use low heat and forced air to dry out your ski boots (note, these devices use low heat because high heat could damage your boots) – these can be very effective at drying your boots. Dryguy and Noma are two such manufacturers and there are others. In drying your ski boots after every use, the odour-causing bacteria will have less chance to grow.

Unfortunately, as ski instructors, it's near impossible to keep ski boots dry all-the-time. Especially, teaching back-to-back lessons on days with "clear snow" (read that: "rain"!). And unfortunately, once stinky boot syndrome (i.e. bacteria) gets a foothold, it tends to get worse as the season progresses even if you manage to dry your ski boots out afterwards. If stinky ski boot

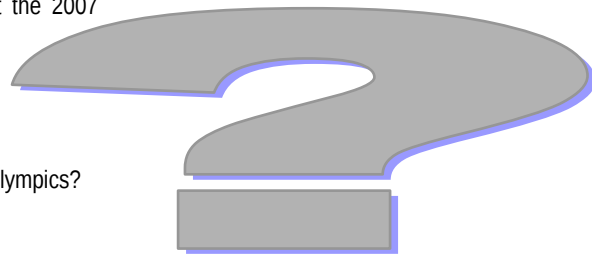
syndrome appears, your wonderful ski boot dryer and ski boot turn into a twisted aromatherapy device that is reminiscent of a stink bomb. So – what do you do if your ski boot is diagnosed with stinky ski boot syndrome? After trying a number of different solutions which include Febreze, Citrus based deodorants, emersion in diluted cleaning solvents, I've found that the best solution for combating stinky ski boot syndrome is cheaper, more effective and probably more environmentally friendly. What is the miracle solution – it is baking soda. About.com (http://housekeeping.about.com/od/environment/qt/bksd_shoeodors.htm?terms=baking+soda+shoe) lists a couple ways of using this solution. The first is to fill a sock full of baking soda, seal the sock and put the sock into the ski boot after every use. The second is to sprinkle baking soda directly into the boot. I've found the second method, combined with the use of a commercial boot dryer to be very effective. A couple caveats – as stated on the web-site, heavy use of baking soda could be harmful to certain materials (in particular suede and leather) – so you should be careful on what parts of the boots you sprinkle the baking soda on. Also, you may want to be careful with the sprinkle option as it could create skin irritation.

How does baking soda work? Baking soda combines with water to form a weak base solution. In simple terms, it works like soap or like a very, very mild bleach – it kills the bacteria and neutralizes the acidic environment that is creating the pungent odours. Note – do not use bleach on your ski boots because it will destroy the elastic materials in the ski boots as well as being detrimental to your skin.

Have fun combating stinky ski boot syndrome!

Ski Trivia

1. How many seconds separated our 1st and 3rd Canadian men in the 50-km skate race at the 2007 Canadian Championships in Mont-Sainte-Anne, QC and who were on the podium?
2. What three countries rank the top in the world in total medal count since the beginning of modern day Winter Olympics?
3. On the subject of the Olympics, what place was Canada in the total medal count for the Torino Olympics?
4. Where is the longest Loppet in the world?





JibSkate

By Paul Graner

J recently had fun trying out the new Fischer Jibskate ski. On the market for two years now, and in the making since 2003, it's the first twin tip ski of its kind.

It's a unique concept to XC skiing for playing on downhills and at terrain parks for youth, but I am over 40 and had lots of fun on them at our teaching hill at Mooney's Bay Cross Country Ski Centre in Ottawa.
http://ottawa.ca/residents/parks_recreation/seasonal/xc_skiing/index_en.html

For being so short they are still very stiff, fast and lively!!!

The Specs:

Fischer JibSkate Park

Twin-Tip

Terrain Park Nordic Skis the first twin tip Nordic ski

Jibskates promise the freedom of movement which allows skiers to skate right back and try a home-made jump or park rail over and over, accelerates the learning curve for tricks.

AirChannel construction, reinforced binding plate and Twin Tips. ProTec Base and Ultra finish

Width: 47-47-47

Size: 151cm.



Check out all the JibSkate skis from Fischer. <http://canada.fischer-ski.com/en/>

Why do you have to be able to do 360s, back flips and tailwhips on cross country skis? Quite simply - because there are kickers. Or ski jumps, as they used to be called. Kids in particular want to try out all the opportunities this sport has to offer using custom-designed skis from Fischer - extremely robust and equipped with Twin Tips. Now the freestyle fun park is right on your doorstep. And skating means you don't need a tow lift.

Check out the link for xc.zone.tv for there future extreme DVD's <http://www.xczone.com/newmainpage.htm>

For all CANSI instructors: Please note this type of XC skiing is extreme and is not normal CANSI protocol, thus not insured by CANSI. Please ski with care.

Have Fun,
Paul Graner

In honour of Mike...



The Ski Telemark Reunion event held at Devil's Glen Country Club on February 25th drew telemarkers from far and wide – old and new faces, a count over 65! The day's energy was released with the New Rottefella Telemark Norm binding being introduced for testing with new Crispi boots. High performance clinics for all, as well as women only and juniors clinics. The afternoon GS race was forerun by Rossignol's newest advocate, Mario Guertin, and four classes, male and female, were awarded Telemark Ontario medals for their outstanding performances! Our website captures the day by photographer Herman Koeslag of Eye in the Sky who took images of all, including the awards presentation! Good food was sponsored by the Goldhar's! Special memories of Mike Moran were with us throughout the day!

Without everyone's support and assistance, and that of all our sponsors, (Alpina Sports Canada, Sierra Designs, Skis Rossignol Canada Ltd., Mountain Equipment Co-op, Skis & Bikes, Sojourn, Squire John's) we could not have succeeded, so please accept our heartfelt gratitude! Until next 'tele' season ...check out our upcoming adventures: www.skitelemark.ca

Holly Blefgen & Steve Kahn
Ski Telemark Ltd.

FULL TIME INSTRUCTORS WANTED

Trail Sports, the ski school at the Canmore Nordic Centre, is accepting applications for full time instructor positions for the 2007/08 ski season. Current CANSI certification is a requirement with the taking higher level courses encouraged and subsidized. Staff clinics with the ski school director (level 4), are held weekly.

This is a full time position with 40 paid hours per week, commencing November 2006. The successful candidates will be involved with all aspects of Trail Sports operation, including rentals, retail sales and teaching. Remuneration is commensurate with experience and certification level. Equipment sponsorship opportunities, pro deals and employee discounts are available.

Please contact
John Gallagher,
Owner/Manager,
Trail Sports Inc
Phone 403 678 6764
Fax 403 678 4762
john@trailsports.ab.ca



Introducing Sherryl...

Sherryl Yeager of Vancouver is an active member of CANSI and of the Nordic Racers Ski Club. She's held employment such as Justice Reporter and Deputy Regional Coroner – gees, we have our very own CSI among us – and she's won such awards as the "Tip of the Hat" from Canadian Press recognizing her for her coverage of the 1,000-mile Yukon Quest Dog Sled Race. But most importantly, she is our new XCitation Editor.

An avid skier with a background in journalism – what more could we ask for? Perhaps some experience editing a newsletter would help. Well, she's got that too. Not so many moons ago, Sherryl was the editor of the Nordic Racers newsletter so she's well aware of the trials of soliciting articles and getting a publication out on time.

CANSI welcomes Sherryl to the team and wishes her the best of luck in her new role.



Technically Speaking

By Keith Nicol



Telemark - Holding the Tele Stance

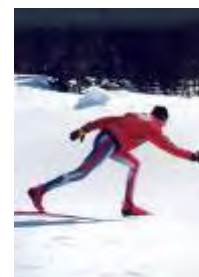
Having just finished an Intro Telemark Course, I had several students frustrated with rising up too quickly out of the tele position. The classic scenario is as follows for a basic turn: Snowplowing through the fall line – no problem – then dropping into a tele stance with a sinking down motion and an almost immediate rising up. Holding the tele stance through the end of the turn was the real issue. So, I used the "bounce tele" drill. While in the tele stance try bouncing slowly up and down a couple of times as you cross the hill. This really seemed to work and it got people to hold on to the telemark position longer than they used to.



Classic - Getting Low

Sometimes I have skiers who are very stiff and hold themselves very upright while classic skiing. I try to get skiers to exaggerate their skiing by getting very low as shown in the attached photo. Get your skiers to still get some weight shift but stay as low as possible. Then gradually have your skiers rise up (but not completely upright) and they will likely have more forward body lean than they did before.

See Keith Nicol's other ski tips at www.swgc.mun.ca/~knicol click Nordic ski tips. Keith is a CANSI Level IV XC and Level III Telemark Instructor based out of Cornerbrook, NL.



Backcountry Skiing at Amiskwi Lodge

By Glenn Lee

For the past 6 years, my wife and I have been making a trek from Ontario to British Columbia for an extended ski trip. At the end of January, we pack up our truck and start driving west for a series of backcountry trips interspersed with days at various ski resorts along the way. Our backcountry trips are spent staying at remote backcountry huts and lodges from where we do day trips, skinning up and skiing down, returning to the comfort of a warm, dry roof over your head.



For the second consecutive year, I booked Amiskwi Lodge for the last week in February. Amiskwi Lodge is a backcountry lodge in the Rocky Mountains, just above Amiskwi Pass on the north-western boundary of Yoho National Park. In the winter, the lodge is accessed by a short helicopter flight departing from the Blaeberry Valley outside of Golden, BC. The views of the Mummery Glacier and surrounding peaks from the front deck of the lodge are breath-taking.

Our group of 12 was comprised of friends from across the country that I have enjoyed skiing with over the years. This year, in our group we had a number of current and former CANSI Telemark instructors, including:

Our ACMG ski guide Lilianne Lambert from Revelstoke BC, Anne McRuer from Toronto ON, Mike Siemens from Vernon BC, Langley Muir from Ottawa ON, and myself, Glenn Lee from Limehouse ON.

The lodge, a two story log structure, is owned by a group of families in Canmore. It is luxurious compared to a lot of backcountry huts, featuring a full-size propane stove, two wood stoves, propane and solar lights, and even a high tech composting toilet system with two indoor toilets. There is a separate building with a wood fired sauna and showers.



Mike Siemens, CANSI Telemark Level II

The snow at Amiskwi was hard to beat. In the backcountry the snow can be very good, but it can be very bad to ski in if it has been affected by sun or wind. We got lucky, and didn't have any of this, just lots of soft powdery snow. The temperatures were mostly on the cool side, which kept the snow feathery light.



Anne McRuer, CANDI Ontario Communications Director
and CANSI Telemark Level I

Coming into the week, the avalanche reports were warning of weak layers about 50cm down in the snow pack, so we dug lots of snow pits to evaluate the conditions and determine where it was safe to ski. We found that at Amiskwi, the weak layer was not present, and the snow stability was very good.

We did a lot of skiing in the alpine, above the tree line. Most of the time the sun cooperated and gave us good visibility. On the days where it was not as clear, we skied in the trees, which made it easier to see.

We all had a great time and enjoyed the great food that Dominic, who is a trained chef, prepared for us - my favourite dinner was chicken served with a portobello mushroom sauce. Every dinner was plated and presented as it would be in a gourmet restaurant.

The vistas were stunning, the skiing was great, but it was the company that made the trip worthwhile.

For information on booking Amiskwi Lodge, see their website www.amiskwi.com

Glenn Lee
CANSI Ontario
Telemark Level III



Lilliane Lambert, ACMG Ski Guide, CANSI Level I



Langley Muir, CANSI Telemark Level II

Trivia Answers

1. Only 0.5 seconds!!! David Nighbor, of North Bay, Ont., took home national bragging rights in the men's 50-kilometre skate race after posting a time of 2:01:50.0. Dan Roycroft, of Port Sydney, Ont., finished on Nighbor's heels in second (2:01:50.2), while Chris Jeffries, of Chelsea, Que., wrapped up third after stopping the clock at 2:01:50.5

2. First place: Norway with 279 medals. Second place: USA with 217. Third place: Russia with 216. NOTE: USA Russia out of second place with the count from Torino. Source: www.sportsline.com

3. 3rd

4. Québec. "The Defi Boreal (www.defiboreal.com) is a 100K Skate Ski Loppet. As far as event organizers are aware, it is the longest loppet in the world. Forestville is located on the North Shore of the Gulf of Saint Lawrence, approximately a 3.5 hour drive from Quebec City." – at least that is what the website boasts. However, the Canadian Ski Marathon is 160K and if you go by the definition of Loppet being "a recreational mass participation cross country ski event that may or may not be timed" then I think it takes the cake even though organizers have chosen not to title it a 'loppet'. Either way... Québec is still the answer as far as I can tell from my endless Internet search parties.



nudged

BIG THANKS!

I would like to thank Mike Lalonde of CANSI, David McMahon and Lise Meloche of xczone.tv for producing the CANSI "Ski Your Best" DVD. Many fellow instructors say that it has been an excellent resource for themselves and their students. It has become a valuable tool for helping our organization in reaching its goals.

You can visit the xczone.tv web site at www.xczone.com and check out their many other current DVDs and other's in the making:

- Learn To Nordic Ski
- Nordic Ski Technique
- The Art Of Nordic Skiing
- Cross Country Ski Club DVD
- Nordic Ski Walking
- Unlimited
- Tao Of Skiing

Paul Graner
President CANSI

Advancing the sport of Cross-Country and Telemark skiing through the provision of high quality instruction.

Photo: Lise Meloche, Paul Graner, David McMahon, 2007 Keskinada Loppet



Arrowhead Course

By Steve Gentles

There were 9 participants in the combined Level I Certification/ Level II Preparation course, which was held at Arrowhead Provincial Park, near Huntsville, Ontario, on February 24-25. The weather was as beautiful, as was the forest and the trails!

#1: Participants on course, (course conductors: Steve Gentles, Paul Jorgensen).

#2: Level I candidate, John Bradbury (Barrie), leading a downhill lesson.

#3: Beautiful weather, beautiful forest.



PACIFIC Report

It seems that the winter season is winding down in Vancouver and already the mountain bikes and kayaks have made their way out of storage. The weather is warming, the daylight hours are lengthening and this usually signals an end to the ski season on the local mountains.

This past spring break though, Mark Simpson ran a XC level 2, 3, 4 course at Cypress Mountain, West Vancouver in a variety of conditions that included snow, rain, del-"huges", and the occasional sunny break. Welcome to a CANSI course on the West Coast. One of these participants came all the way from Ontario to take this course (as well as visit friends and relatives) and will be returning home a newly crowned level 4 and a pin with a substantial lineage. Let us know, Paul, if you need the history of this particular pin written down so that you may pass it on to someone deserving when they attain their level 4. Of the 8 participants, 4 passed their level 2, one passed his level 3, and one passed his level 4.

The Pacific AGM is coming up fast. It will be May 9th, 2007 at the Canada West Mountain School on West Broadway in Vancouver at 7pm. Come on out and visit with some people you may not have seen in a while or come to get involved with CANSI in some capacity. Over the last few years CANSI has been undergoing a number of changes including a new website with online registration and membership payment. As members we can now update our own information. The Xcitation newsletter has been developed into an excellent forum of information about the Cross Country network nationwide. The instructor manual is in the process of being translated to French and will be available next season to all our francophone members. There are a great many opportunities to get involved and create a legacy within CANSI. With this in mind, we hope to see you at the AGM. There will be munchies and liquids available too.

The AGM will be my last meeting as well. I will be stepping down from the regional board as well as the national board. I do still plan to continue with small projects and such but am looking forward to pursuing a number of other interests. I would like to thank my fellow board members both regionally and nationally. It has been my pleasure to get to know and work with each of you and I look forward to seeing you all again in future endeavours.

Tiffany Edwardsen
President CANSI Pacific

PACIFIC AGM
Canada West Mountain School
West Broadway in Vancouver
7pm
May 9, 2007

Photo credit: Katrin Schirmer



MOUNTAIN Report

CANSI Mountain Year End Report for 2006 - 07

From Hallowe'en until the end of March, meteorologists morosely remarked "more bad weather in store for central and southern Alberta"... and the skiers rejoiced! Alberta and the NWT enjoyed a fantastic year of track and telemark skiing with the better part of six months of tracks, trails and turns. Even as I write this report (April 1, 2007), it is snowing and trail conditions are still good in many areas.

With the long season of snow, courses ran in Canmore, Jasper, Edmonton, Fort McMurray, and Yellowknife resulting in almost 20 new level 1 instructors, 23 new level 2 instructors and 2 new level three instructors. In the telemark world, three courses were held at Nakiska Ski area in the Kananaskis, and one course was held at Snow Valley in Edmonton. 19 new telemark instructors were certified. Of special note to our Alberta cross country contingent was the CANSI Mountain Fiesta in Canmore. This event occurred on February 2nd for track skiing and on February 3rd for telemark skiers. The Mountain AGM followed the Saturday on snow sessions. Cansi Mountain members honed their skills, shared teaching and technique ideas, learned about the most recent developments within CANSI, and received a CD copy of the manual. This was provided free to all members. We are already planning another mountain fiesta for this year, to be held in the Edmonton area. See the web site and X-citation for emerging information.

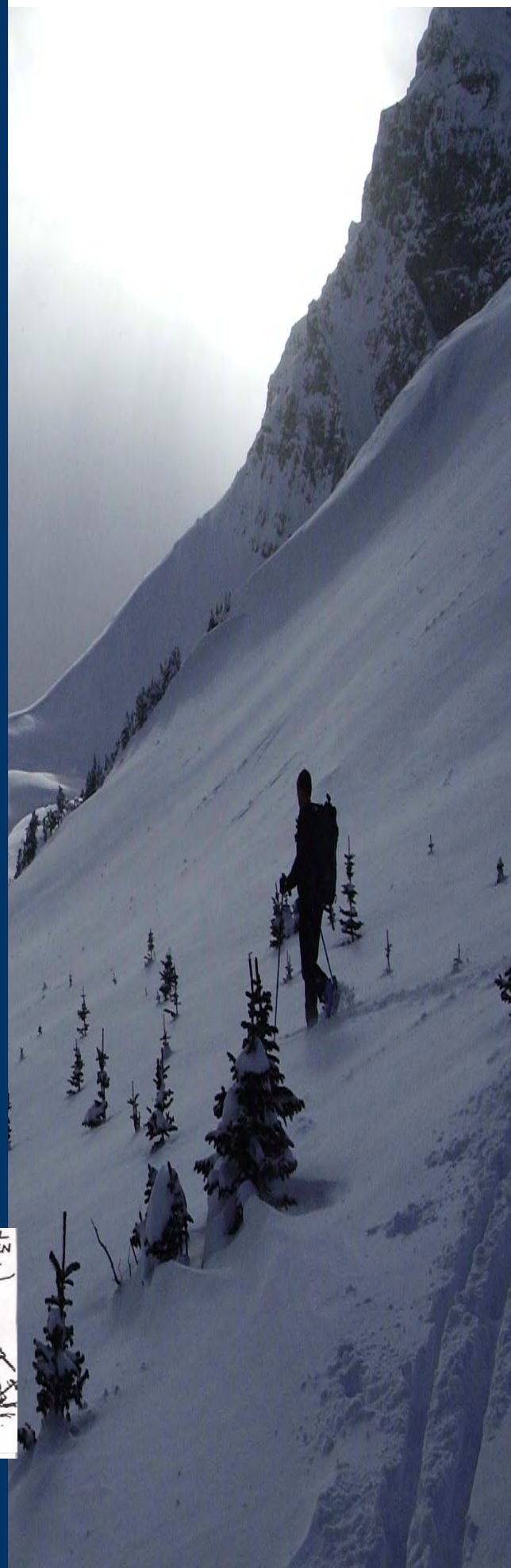
Henry Madsen

ATLANTIC Report

2006-07 Season

The winter started slowly but then the snow and cold weather came and we had good ski conditions in Newfoundland. We ran 2 CANSI X-C Level 1 courses with a possible Telemark Level 1 still to come. One course was in Corner Brook and another in St. John's with a total of 10 participants (plus 2 refreshers). There were a total of 8 successful Level 1 participants. There was also a Telemark Level 1 scheduled for Nova Scotia but it was canceled due to small numbers.

Keirh Nicol





ONTARIO Report

Telemark Director's Report 2006-2007 Season

The 2006-2007 season in Ontario was a mix of highs and lows, in both the temperatures and the courses in the Telemark program. Courses were scheduled for Southern Ontario and Ottawa, at areas here we have run courses over the past 5 years. We had to cancel over half of our scheduled courses due to low registration numbers, and relocated all but one of the courses that did run, due to lack of snow.

We ended the season having run the fewest number of Telemark courses in the past years:

Number	Course	Candidates	Successful
1	Refresher	4	4
1	Level I Pre-course	2	2
1	Level I	2	1
1	Level II	4	2

Congratulations to our new Level I and Level II instructors. Congratulations also to our new Telemark Course Conductor Level I, Steve Kahn.

We are starting to work on our schedule for the Telemark program for next year, which includes the Telemark National Seminar, which is scheduled for January 11,12 2008, in the Collingwood area (Southern Ontario).

Glenn Lee

CANSI Ontario Telemark Director

XC Director's Report 2006-2007 Season

The 2006 – 2007 XC season in Ontario got off to a slow start with the warm weather and lack of snow in early January forcing the rescheduling and cancelling of several courses. 10 XC courses in total ran this season:

- 2 Level I XC Preparation
- 2 Level I XC Instructor Certification
- 4 Level I XC Refresher
- 1 Level II Preparation
- 1 Level II Refresher

Congratulations to Ontario's 9 newest Level I XC Instructors!

Paul Jorgensen is CANSI Ontario's newest level IV, after passing a course in BC this season.

Planning for 2007-2008 season courses is underway...watch for a Level II Instructor course!

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