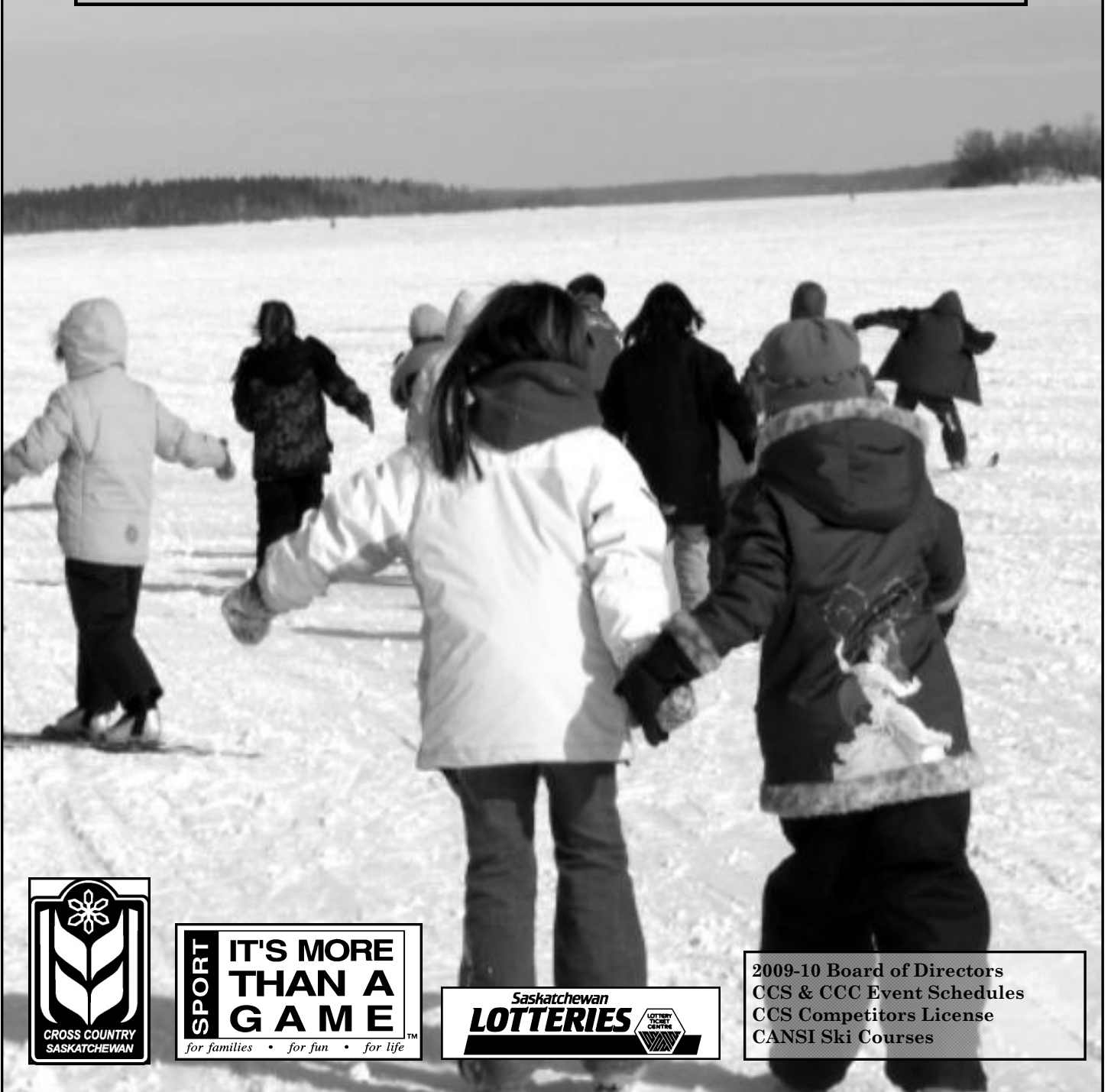


SASKATCHEWAN NORDIC NEWS

Volume 32

October 2009



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CCS & CCC Event Schedules
CCS Competitors License
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Humboldt, SK
S0K 2A0
drsdkmartinuk@sasktel.net

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Box 1791 W 425-4237
La Ronge, SK
S0J 1L0
hamiltontrottier@sasktel.net

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Box 492
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S0P 0A0
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S0E 0S0
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S0M 0V0
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183 Dore Cres. H 934-2150
Saskatoon, SK F 249-5693
S7K 4X6
altheede@sasktel.net

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S0A 0X0
pottercl@hotmail.com

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S7J 1E9
canuskeebyker@hotmail.com

EXECUTIVE DIRECTOR

Alana Ottenbreit W 780-9240
1860 Lorne Street H 586-1941
Regina, SK F 780-9462
S4P 2L7
ccs@sasktel.net

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SASKATCHEWAN NORDIC NEWS

CALENDAR OF EVENTS 2009 – 2010

DATE	EVENT		LOCATION	HOST	CONTACT
	Sask Cup Race	Nor Ser Race			
2009					
Dec 6 - Sun			Beauval	Beauval Ski Club	morrisbrizinski@yahoo.com
Dec 12,13	1/2	1/2	La Ronge	La Ronge Ski Club	sid.robinson@sasktel.net
2010					
Jan 3 - Sun	3		Blue Mountain	Saskatoon Nordic Ski Club	jsedgewick@sasktel.net
Jan 9,10	4/5		Regina	Regina Ski Club	Phyllis.bend@uregina.ca
Jan 16 - Sat			Esterhazy Loppet	Esterhazy XC Ski Club	Kelvin Caughlin 745-7799
Jan 24 - Sun	6		Humboldt	Carlton Trail Ski Club	drsdkmartinuk@sasktel.net
Jan 29 - Fri	7	3	North West Cup	Beauval Ski Club	morrisbrizinski@yahoo.com
Jan 30 - Sat	8		Ski Fest Sprints	Saskatoon Nordic Ski Club	jsedgewick@sasktel.net
Jan 31 - Sun			S'toon Nord Ski Fest	Saskatoon Nordic Ski Club	jsedgewick@sasktel.net
Feb 5 - Fri	9	4	School Ski Champs	La Ronge Ski Club	sid.robinson@sasktel.net
Feb 7 - Sun			Cheesecake Loppet	Elmhurst Jackrab Ski Club	hart.hall@sasktel.net
Feb 12 - Fri	10	5	Snake Lake Sprints	Minahik Waskahigan Club	chfettig@yahoo.com
Feb 13 - Sat			Carlton Trail Loppet	Carlton Trail Ski Club	drsdkmartinuk@sasktel.net
Feb 14 - Sun			Ile La Crosse Loppet	Ile La Crosse Ski Club	Jocelynchandler1@yahoo.ca
Feb 14 - Sun			Regina Loppet	White Butte Regina Ski Club	
Feb 12 - 14	Western Championships		Pinawa, Mb		Peter Vilks vilksp@mts.net
Feb 17-20	Sk Winter Games		Moose Jaw	City of Moose Jaw	altheede@sasktel.net
Feb 27 - Sat			Duck Mntn Loppet	Duck Mtn Park Kamsack Ski Club	Warren Popock 782-2708
Feb 27, 28	11/12		Prov Champs	White Butte Regina Ski Club	phyllis.bend@uregina.ca
Mar 5,6 - Sat			DonAllenSaskloppet	La Ronge Ski Club	wkelly@cableronge.sk.ca
Mar 14-21	National Championships		Whitehorse, YK		Claude Chabot cchabot@nwtel.ca
Sep 26, 27	Prov Training Camp		Waskesiu	CCS High Performance	timtrottier55@hotmail.com
May 1, 2	Prov Training Camp		Waskesiu	CCS High Performance	timtrottier55@hotmail.com
Nov 22	NCCP Level 1 OFFICIALS clinic		Saskatoon	Saskatoon Nordic Ski Club	
Nov 28 & 29	NCCP ICC coaching clinic		Saskatoon	Saskatoon Nordic Ski Club	alison.meinert@usask.ca
Dec 12	NCCP ICC coaching clinic		Regina	Regina Ski Club	phyllis.bend@uregina.ca
Jan 16 & 17	NCCP CC coaching clinic		Saskatoon	Saskatoon Nordic Ski Club	alison.meinert@usask.ca
Dec 12	CANISI XC Level 1 pre-course		Saskatoon		www.cansi.ca/en/courses/
Dec 13	CANISI XC Refresher		Saskatoon		www.cansi.ca/en/courses/
Jan 30, 31	CANISI XC Level 1		Saskatoon		www.cansi.ca/en/courses/
Oct 24	Fall AGM		Saskatoon	CCS	ccs@sasktel.net
April 24	Spring AGM		Saskatoon	CCS	ccs@sasktel.net

CCC-SANCTIONED EVENTS 2009 – 2010

DATE	EVENT	LOCATION	CONTACT
2009			
Dec 5 - 6	Alberta Cup 1/2	Canmore, AB	
Dec 11 - 13	Haywood NorAm (OWG alt)	Vernon, BC	Sharon@sovereignlake.com
Dec 19 - 21	Haywood NorAm (OWG alt)	Canmore, AB	
2010			
Jan 2 - 5	NorAm/World Jr./U23 Trials	Mont Ste-Anne, QC	Renee.thibeault@brioconseils.com
Jan 9 - 10	Alberta Cup 3/4	Grande Prairie, AB	grant.bourree@weyerhaeuser.com
Jan 30 -31	Haywood Noram Eastern Canadian Chmps	Ottawa, ON	jmccarthy@magma.ca
Feb 6 - 7	Atlantic Can Test CWG2011	Martock, NS	
Feb 6 - 7	FIS World Cup	Canmore, AB	Daleswanson@shaw.ca
Feb 12 - 28	Olympic Winter Games	Whistler, BC	Rob_Bernhardt@vancouver2010.com
Feb 12 - 14	Western Canadian Chmps	Pinawa, MB	vilfsp@mts.net
Feb 27-Mar 3	ParaNordic Nationals	Canmore, AB	blairdunbar@shaw.ca
Feb 27 - 28	Alberta Cup 5/6	Edmonton, AB	alikat@telusplanet.net
Mar 6 - 13	Arctic Winter Games	Grande Prairie, AB	grant.bourree@weyerhaeuser.com
Mar 12 - 21	Paralympic Winter Games	Whistler, BC	Rob_bernhardt@vancouver2010.com
Mar 14 - 21	Haywood Ski Nationals	Whitehorse, YK	cchabot@nwtel.ca
Mar 27 - 28	Alberta Cup 7/8 (Sharkfest)	Spray Valley Prk, AB	Mike.carleton@shaw.ca

SASKATCHEWAN NORDIC NEWS

2009-2010 CCS Competitors License Application

Pre-requisites: Must Be a SASKI/CCS Club Member **Cost: \$10.00**

Full Name _____ **Date** _____

Mailing Address _____ **Postal Code** _____

Phone: H _____ **W** _____ **Club** _____

E-mail Address _____

Male _____ **Female** _____ **Birth Date** _____ **Age on Dec 31/2010** _____

WAIVER: The purpose of this waiver is to ensure that you, as a competitor, understand and accept the responsibility for the risk involved in participating in a cross country skiing event. **READ and COMPLETE** the waiver. Failure to complete the waiver will invalidate your application and will not be accepted.

For valuable consideration and in consideration of the Saskatchewan Ski Association (SASKI) and Cross Country Saskatchewan (CCS) enabling the undersigned competitor to compete (according to CCS rules and regulations) in ski events which may be fully authorized and sanctioned by SASKI and CCS, the under mentioned competitor and his duly authorized legal guardian (if applicable) hereby waive and agree irrevocably not to make or bring any claim, cause of action, or legal proceeding of whatsoever description, against SASKI or CCS, its agents, employees, and representatives and any ski area in which the competitor may be training or competing, and each of such parties with respect to any default, injury, or other mishap suffered or incurred by the undersigned competitor while training for or competing in any ski event in which SASKI or CCS may be involved.

SIGNATURE _____ **DATE** _____

(If under 18, a parent or legal guardian must sign below)

GUARDIAN _____ **DATE** _____

CLUB MEMBERSHIP CONFIRMATION

A competitor must be a member of a club and will not be allowed to race unless the following is completed and signed by the club membership chairman or president. I hereby certify that the above is a fully paid member in good standing with the _____ ski club and that failure to have this required qualification will result in a competitor being barred from sanctioned competition, and of losing any points, standings, or honours which may have been acquired by fraudulently entering a sanctioned competition.

SIGNATURE _____ **NAME** _____ **POSITION** _____

Please return application and fee to the CCS Office by **December 1/09**.

Cross Country Saskatchewan # _____ CLASS _____ SENT _____
1860 Lorne Street., Regina, SK
S4P 2L7 RECD _____ PD _____ COMP _____

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CANSI Pre-Course, Refresher Course and CANSI Level 1 Course – Saskatoon

Registration for all refreshers, pre-courses and courses is done on www.cansi.ca. Since the courses are being sponsored either by Cross Country Saskatchewan or CANSI a refund for successful candidates will be funded by Cross Country Saskatchewan.

The Canadian Association of Nordic Ski Instructors (CANSI) is a non-profit organization designed to promote and advance the sport of cross country skiing in Canada through the provision of high quality instruction. CANSI was formed in 1976. CANSI strives to promote a positive and proactive approach to the teaching of cross country skiing skills through lesson planning and instruction.

For members to maintain a Professional membership status, they are required to attend a CANSI refresher, one day of a CANSI course at their current level, a CANSI Pre-Course at their next level of certification, or attempt a CANSI certification course at their next level of certification within a three year period. CANSI refreshers provide members with an update on the current teaching approaches and skiing techniques.

What is the difference between CANSI and National Coaching Certification Program (NCCP)? The National Coaching Certification Program (NCCP) is a coach training and certification program for 66 different sports. The NCCP is governed by a partnership consisting of Sport Canada, provincial/territorial government representatives, national sport federation representatives, and the Coaching Association of Canada. NCCP workshops are designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team. The NCCP is the recognized national standard for coach training and certification in Canada. CBET or competency-based education and training is the methodology that is being implemented in the design of the improved NCCP. So the main difference is that CANSI is directed towards recreational skiers especially adults while NCCP is directed towards producing coaches and racers especially 6-28 years old. The pedagogy or teaching method has changed between CANSI and NCCP especially in the lesson plan for youth.

Date: Saturday, December 12, 2009 - 9:00 am to 4:00 pm

Discipline: X-Country

Course name: X-Country Level I Pre-course

Location: Kinsmen Park (Mendel Parking Lot), Saskatoon

Instructors: Jeff Hampshire/John Macbeth/Laurie Penton

Capacity: 12

Price: \$25

For people interested in attending the Level I course, this day is a pre-course to evaluate skiing technique and identify areas needing improvement prior to attending the Level I course in January 2010.

Date: Sunday, December 13, 2009 – 9:00 am to 4:00 pm

Discipline: X-Country

Course name: X-Country refresher

Location: Kinsmen Park (Mendel Parking Lot), Saskatoon

Instructors: Laurie Penton/Jeff Hampshire/John Macbeth

Capacity: 12

Price: \$0

The purpose of the refresher is for instructors to get together on-snow to review and refresh their knowledge of CANSI's technical information and to maintain and upgrade their teaching and skiing skills. This refresher is required for members needing to recertify.

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Date: Saturday, January 30, 2010 and Sunday, January 31, 2010 – 9:00 am to 4:00 pm

Discipline: X-Country

Course name: X-Country Level I

Location: Wildwood Golf Course, Saskatoon

Instructors: TBA/Ken Schykulski

Capacity: 8

Price: \$200

This two day course will introduce you to the fundamentals of teaching cross-country skiing. You will improve your demonstration skills and teaching abilities. Students will learn how to introduce new people to the sport of cross-country skiing. People interested in attending the Level I course should take the pre-course session on December 12, 2009.

CANSI Mandate/Goals

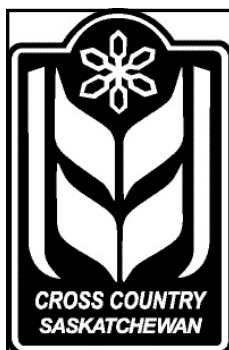
1. To provide a standard of excellence in certified Nordic instruction by maintaining a uniform and current level of expertise in Nordic skiing and by delivering nationally sanctioned pedagogy to the skiing public.
2. To educate the skiing to the advantages of instruction in Nordic skiing.
3. To maintain a viable and functioning communication network, focusing on technical and pedagogical advancements, which in turn, will provide supportive and stimulating resources to instructors to pass on to the public.
4. To promote and maintain national and international liaison within the Nordic disciplines.
5. Develop and advance Canadian Nordic XC and telemark skiing technique and teaching
6. Establish standards, resources and procedures for the delivery of CANSI technique and training (ski technique, pedagogy, and certification progression)
7. Ensure that CANSI technique and training is delivered in a professional manner
8. Actively collaborate with the technical groups of other snow- sport instructional organizations
9. Coordinate National Level courses (XC Level III, IV and Telemark Level III).

Professional Instructors

A Professional member of CANSI is any member residing in Canada who successfully completes a cross country or telemark instructor certification course conducted by CANSI, attends a refresher 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.

Associate Instructors

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.



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