

SASKATCHEWAN NORDIC NEWS

Volume 20

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**Board of Directors
CCS/CCC 2006/07 Calendar
Funding Programs
SK. Cup/N. Race Series Pics.**

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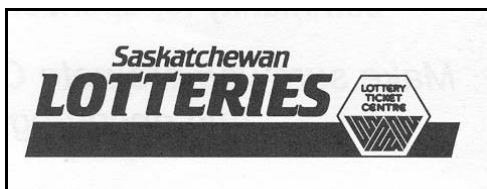
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CCS CALENDAR OF EVENTS 2006-2007

| DATE | EVENT | LOCATION | HOST |
|----------------|-------------------------------------|--------------------------|-----------------------|
| December 17 | North Zone Sask Cup | La Ronge | La Ronge |
| January 6 & 7 | Interzone Race | Blue Mountain | Saskatoon |
| January 12 | NW Cup | Beauval | Beauval |
| January 14 | Sask Cup Race | White Butte | Regina |
| January 21 | PA Loppet | Prince Albert | Prince Albert |
| January 28 | Bill Dinsdale Loppet | Beauval | Beauval |
| January 28 | Central Zone Race | Carlton Trail | Humboldt |
| February 2 | School Ski Champs Sk. Cup | La Ronge | La Ronge |
| February 4 | Rocanville Loppet | Rocanville | Rocanville |
| February 8 -12 | Westerns | | Smithers, BC |
| February 10 | Carlton Trail Loppet | Carlton Trail | Humboldt |
| February 10 | North-east Zone Sask Cup | Flin Flon | Flin Flon/Creighton |
| February 11 | Regina Loppet | White Butte | Regina |
| February 11 | Cheesecake Classic | Elmhurst | Elmhurst |
| February 18 | Snake Lake Sprints/Relays Sask. Cup | Pinehouse Lake | Minahik Waskahigan |
| February 18 | Blue Mountain Loppet | Blue Mountain | Saskatoon |
| February 24 | Duck Mountain Premium Loppet | Duck Mountain Prov. Park | Kamsack |
| February 24 | Provincials | Sturgeon River Nordic | Sturgeon River Nordic |
| February 25 | Flin Flon Revival Loppet | Flin Flon | Flin Flon Ski Club |
| March 4 - 10 | Canada Winter Games | Whitehorse, Yukon | |
| March 2 - 3 | Don Allen Saskaloppet | La Ronge | La Ronge |
| March 17 | Nationals | | Mt. St Anne |

Coaching Clinics:

| | | | | |
|--------------------|---------|-------------------|--------|--|
| Community Coaching | Dec TBA | 8:30 am - 4:30 pm | Regina | |
|--------------------|---------|-------------------|--------|--|

CCC Sanctioned Races and Contact Information for 2006-07

| DATE | EVENT TYPE | LOCATION | CONTACT/INFORMATION | |
|-----------------|--|---|--|-------------|
| Nov 25-26, | Haywood NorAm | <u>SLNC</u> Vernon, BC | raceinfo@sovereignlake.com | FIS CCC |
| Nov. 30-Dec3 | Haywood NorAm & Madshus Sprint | CNC | www.cccski.com | FIS CCC |
| Dec 9-10 | Alberta Cups 1/2, University/Colleges | Canmore, AB | rhogg@shaw.ca | CCC |
| Dec 16, 17 | Atomic Cup | Foret Montmorency | www.sfq.com www.cccski.com | CCC |
| Dec 16, 17 | Ontario Cup | Porcupine Ski Runners | | CCC |
| Dec 28, 29 | BC CWG Trials | Bulkley Valley | racesecretary@bvnordic.ca | CCC |
| January 2-9 | US Nationals | Houghton, MI | www.ussa.org | FIS USSA |
| January 4, 6-7 | Haywood NorAm, WJC/U23 Trials, Madshus Sprint | Rossland, B.C. | www.cccski.com sandstrom@telus.net | FIS CCC |
| Jan 13-14 | Ontario Cup | Kanview Nordic, Tbay, ON | | CCC |
| Jan13-14, | Alberta Cups 3/ 4, University/Colleges | Edmonton, AB | sdickinson@shaw.ca | CCC |
| January 17-27, | World University Games | Torino, Italy | www.fisiski.com | FIS |
| January 20-21, | WSC Trials; Haywood NorAm Sp | WC Society Canmore, AB | rhogg@shaw.ca | FIS CCC |
| Jan 20-21 | BC Cup #1 | 100 Mile Nordics | rostby@telus.net | CCC |
| January 27-28, | WSC Trials; Haywood NorAm Distance | WC Society Canmore, AB | rhogg@shaw.ca | FIS CCC |
| Jan 29 - Feb4, | World Junior/U23 Championships | Tarvisio, Italy | www.fisiski.com | FIS |
| February 2-4, | Haywood Canada Cup/Eastern Cdns., Madshus Team Sprint | Club de Skinouk Gatineau, QC | www.cccski.com | CCC FIS |
| Feb 8-11,. | Haywood Canada Cup/Western Cdns., Madshus Sprint | Smithers, B.C. | www.cccski.com racesecretary@bvnordic.ca | CCC FIS |
| Feb 10, 11 | Atomic Cup - TBC | Mt Orford, QC | www.sfq.com | CCC |
| Feb 10-11, | Canadian Birkebeiner Ski Festival (20 th Edition) | Cooking Lake- Blackfoot Pro. Rec Area | www.canadianbirkie.com | |
| Feb 16-18, . | Keskinada World Loppet | Gatineau, Quebec | www.keskinada.ca | WLL |

| | | | | |
|--------------------|---|-------------------------------|--|------------|
| Feb 22-Mar 4, | World Nordic Championships | <u>Sapporo, Japan</u> | <u>www.fisski.com</u> | FIS |
| Feb 24-25 | BC Championships | <u>Kamloops</u> | <u>nflood@tru.ca</u> | CCC |
| Mar 3, 4 | Alberta Cups 5/ 6, AB Provincial Championships, | Hinton Nordic | Chris Leipe (780) 865-4271 <u>tleipe@hotmail.com</u> | CCC |
| Mar 3,4 | Ontario Cup | Duntroon, ON | | CCC |
| Mar 3-11 | Canada Winter Games | Whitehorse, YK | <u>www.2007canadagames.ca</u> | CCC |
| March 10 - 16 | IPC World Cup | Strathcona Nordics | <u>apedaile@oberon.ark.com</u> <u>www.strathconanordics.com</u> | IPC CCC |
| March 10, 11 | BC Sprint Championships | Sovereign Lake | <u>raceinfo@sovereignlake.com</u> | CCC |
| March 18-25, 2007. | Canadian Nat'ls/CCUNC | Club de Ski Mont Ste Anne, QC | <u>www.cccski.com</u> | FIS CCC |
| Mar 31, Apr1 | Atomic Cup Final | La Tuque, QC | <u>www.sfq.com</u> | CCC |
| Mar 31-Apr 1, | Sharkfest 07, AB Cups 7/ 8, | Mount Shark, AB | <u>carleton@cips.ca</u> | CCC |
| Mar 29 - Apr 1 | US Super Tour Finals | Presque Isle, ME | | FIS |
| | | | | |

Canadian Birkebeiner 2007

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February 9 & 10, 2007

Edmonton, Alberta, Canada

CCS Funding Programs

Cross Country Saskatchewan has a variety of financial support programs available for clubs for the 2006-07 season. Each grant has a separate application for and guidelines specific to each. Please read the guidelines carefully and fill out the application completely. All grants will be paid to the club.

The following is a list of grants available:

1. Event Grant

This grant is to assist clubs in hosting a community event for grass roots level skiers. Events may include freestyle skiing development, distance skiing development, and exciting events for families of all ages. The event may serve as a recruiting tool for your club to introduce skiing to potential new club members. The event should also be advertised and promoted in a timely manner. Clubs will be required to submit a list of participants, an article and photo for the Nordic News. **DEADLINE FOR APPLICATIONS IS NOVEMBER 30, 2006**

2. Loppet Funding

This grant is to assist clubs in hosting a loppet on the 2006-07 Calendar of Events. **Clubs are required to complete this form following the completion of the loppet.** Clubs must submit a list of participants and/or results if timed events are used. An article and a photo for the Nordic News must be submitted with the completed form. **NO ADVANCE DEADLINE FOR APPLICATION**

3. Sask Cup Race Funding

This grant is to assist in hosting a Sask Cup Race on the 2006-07 Calendar of Events. **Clubs are required to complete this form following completion of the race.** Clubs must submit a list of participants and results. An article and photo for the Nordic News must be submitted with the completed form.

4. Professional Services Access Grant

This grant is to assist clubs in bringing in a professional clinician to run a specialized clinic for the club and its members. Examples include bringing in a Level 3 coach to do a specialized clinic with skiers or bringing in a tracksetting professional to work with the club tracksetters. Maximum available per clinic is \$300. Clubs may apply for more than one clinic. The clinic must be pre approved and the date set a minimum of one month prior to the event. **APPLICATION MUST BE RECEIVED A MINIMUM OF ONE MONTH PRIOR TO THE CLINIC BEING HELD**

5. Facility Grant

This grant is to assist clubs in facility upgrades. This can include trail upgrades, clubhouse maintenance, etc. The maximum grant available is \$2500.00 **DEADLINE HAS PASSED FOR THIS SEASON.**

6. Competition Funding

These grants are to assist competitors and coaches develop competitive racers through attendance at races. They include Base Level Funding, High Performance Development Funding, High Performance Elite Funding and High Performance Coaching support. All applications and required submissions must be returned together, no later than the posted application closing date. Base Level submissions due December 1/06, High Performance Development and Elite both due November 1/06.

All of these Grant application forms are available from Alana Ottenbreit at the CCS office. You can reach her at ccs@sasktel.net.



Kamsack Ski Club Facilities Grant Follow Up Report

Due to a continuing partnership between the Kamsack Ski Club and the management and staff of the Duck Mountain Provincial Park, over 20 kilometers of trail have been upgraded to accommodate both skate and classic skiing. Using park caterpillars, graders and backhoes, trails such as Tamarack (which was only reopened several years ago with club funding) have been rerouted to eliminate potentially dangerous hills and water hazards. Trails including Firetower, Rundle Lake and Ski Hill have been widened and leveled. The work to improve trails continues thus fund raising and grant approvals will hopefully carry forward into future years. This year the \$1000. Facilities Grant from Cross Country Saskatchewan was matched dollar for dollar with funds raised for trail improvement by the Kamsack Ski Club. THANK YOU to all the club volunteers, Larry Schiefner and his park staff and Cross Country Saskatchewan for enabling this new era of trail improvements.



2005-06 Sask. Cup and Northern Race Series Award Winners



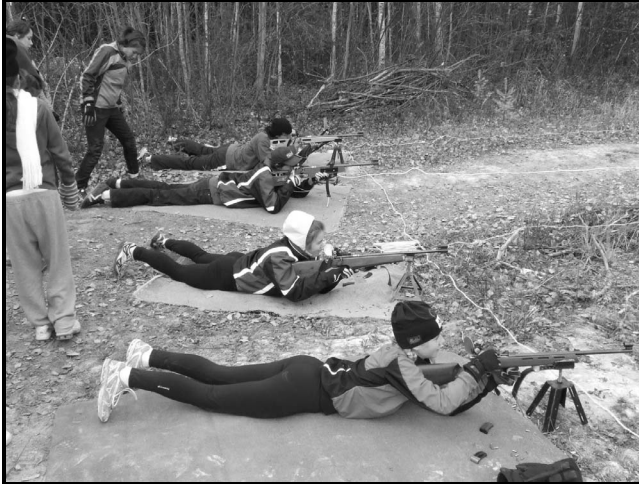




SKI FIT NORTH Dryland Training Camp

On Saturday, October 21 and Sunday, October 22, the Minahik Waskahigan Ski Club hosted a training camp in the community of Pinehouse Lake. The camp was to be held earlier in September but, due to poor weather, was postponed.

The camp was attended by approximately 35 northern ski racers from the communities of La Ronge, Beauval, Shellbrook and Pinehouse. During the day and a half of activities, the athletes took part in sessions dealing with core strength and flexibility, ski walking, striding and bounding as well as biathlon shooting. The athletes were led through various sessions by local parents and coaches, Morris Brizinski, Tim Trottier, Ian Rewcastle and Chris Fettig as well as by Gordie Boyko and 'Ski Fit Guru' Bill Jeffrey. The skiers were attentive and enthusiastic while enjoying the activities and socializing with their friends from the other communities.



Shooting in prone position



Giving safety instructions



Some free time



Preparing for beginning of relay

After an evening of fun games and socializing the camp wrapped up with a large group work out, ski walk and fun relay. The relay began with some great shooting by the shooters for the five teams followed by a run to the school's track and finished with a 4 x 100 meter relay.

The camp was very successful and the Minahik Waskahigan Ski Club would like to thank all the participants, coaches, parents and volunteers for all of their help. They would also like to thank CCS for financial support through the professional services grant program.



Tagging off for the 4 x 100 relay

CCC's Skill Development Program for Children

Cross Country Canada has developed a modern, state-of-the-art progression of skill development programs for children. This exciting new program conforms to the Canadian LTAD and provides a vertically integrated continuum of development opportunities for children in the first stages of skier development.

The Skill Development Program (SDP) is comprised of three levels or stages- Bunnyrabbit, Jackrabbit and Track Attack. The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment.

ACTIVE START

The first level is the **Bunnyrabbit Program**, which is directed at children in the "Active Start" stage of the development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet and skill award stickers. It has been developed in parallel with the first level of the new competency-based National Coaching Certification Program (NCCP), which now provides coaching materials specific to the needs of this age group. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children with the opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.
- * **This year's rewards are pencil cases.**

FUNDAMENTALS

The **Jackrabbit Program**, which is directed at skiers in the "FUNdamentals" stage of development (children six to nine years of age) is the second level of the new program. It has been developed in parallel with the second level of the competency-based NCCP, which provides coaching materials specific to the needs of skiers this age. Program materials include an enrolment kit, an age appropriate booklet that provides a comprehensive record of the young skier's ski career and "technique" and "program" award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski-friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.
- * **This year's rewards are pencils.**

LEARNING TO TRAIN

The **Track Attack Program**, which is designed at skiers in the "Learning to Train" stage of development (skiers ten to twelve years of age) is the third level of the new program. It is being developed in parallel with the third level of the new NCCP system. Program materials include a program-specific enrolment kit, an age appropriate booklet and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers and to utilize those skills to explore a wide range of cross-country ski activities, from backcountry excursions to ski tournaments. In addition, it is designed to:

- Develop fitness through active play, games and activities.
- Be fun.
- Provide children an opportunity to be part of a sport "team".
- Develop overall sport skills.
- * Expose children to a variety of "adventure-based" cross-country ski activities
- * **This year's rewards are water bottles**

Clubs are encouraged to sign up as many children in the above programs. For more information and to register skiers, contact Alana at the CCS office.



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