



KNSC NORDIC NEWS April, 2015

REFLECTION

It's hard to believe that we have come to the end of another ski season, and what a season it's been! December was fraught with dances and prayers for snow, followed by January, full of grooming magic to create a base from almost nothing. And then came February. The snow finally fell, and with it came the cold. But this did not stop the expectant skiers. We entertained a busy month with weekend programs and weekdays filled with students, groups and members. This rolled into March and skiing continued right to the end of the month. On March 31st Barry and Peter headed out for their last ski and upon their return said, "We portaged once and waded through the next and other than that, it was a great day!"

YOUTH PROGRAM FINALE



We ended an incredible season with our annual end of year festival for our

bunnyrabbit, jackrabbit and track attack skiers. This included an orienteering course, laser biathlon gun shooting, parachute games, an obstacle course, relays, slalom courses and many other games and activities. Families had a chance to take in the sunshine while enjoying a BBQ lunch - a great way to end the season!



A good time was had by all

KPRDSB SKI PROGRAM

This winter saw over 850 children from the Kawartha Pine Ridge District School Board (KPRDSB) visit Kawartha Nordic. Kim Dobson and Sharon McGee lead this fantastic nordic ski program for students in grades 5-9. The program moved from Warsaw to KNSC in 2010 and continues to be a great partnership. It's wonderful to have so many children visit the club during the week and experience nordic skiing!

HEAD COACH SEASON REPORT:

2014-15 Season:

Dryland training season: Oct 1 to Dec 17

On-snow training season: Dec 18 to Mar 14

Programs:

ADP Racing (24 week program began Oct.1st / 3 practices per week)

ADP Devo (24 week program began Oct.1st / 2 practices per week)

Kawartha Masters (10 week program began Jan.4th)

Coaches:

Jon Grimwood

Todd Harris

Colin Jones

Mike Nevills

ADP Athletes: 18

Master Athletes: 15

Events Attended by KNSC athletes and/or coaches:

Yuletide Classic, Highlands Nordic, Duntroon

Ontario Cup #2, Highlands Nordic, Duntroon

Muskoka Loppet, Arrowhead PP

Ontario Cup #3/ Eastern Canadian Championships, Nakkertok Nordic, Gatineau

OUA Championships, North Bay Nordic

OFSSA Championships, Laurentian Nordic, Sudbury

Kawartha Enduro, KNSC

Kawartha Double Double, KNSC

Ontario Midget Championships,

Temiskaming Nordic

Fischer Loppet, Hardwood Ski & Bike

Leprechaun Loppet, Highlands Nordic, Duntroon

Ski Nationals, Lappe Nordic, Thunder Bay



ADP athletes at Midget Champs

Season Summary:

Our dryland training season began on October 1st with ADP athletes meeting three times per week. Training included roller skiing on local roads and trails, strength training at local fields and gyms, ski specific drills, and technique development sessions. Training locations included Armour Hill and Thomas A. Stewart Secondary School. A successful and popular dryland training camp took place on October 18th & 19th and was hosted by Pine Vista Resort and the Drain family. Our ADP program was made up of eight midget-aged athletes, four juvenile-aged athletes, and six junior-aged athletes. Six former ADP athletes skied on the Ontario circuit as university level skiers: four at Guelph University and two at Lakehead University. I assisted Guelph University at three race

events this winter in support of Kawartha Nordic skiers who now ski with Guelph. Fifteen Masters made up this new program with skiers in their 30s, 40s, and 50s. Winter training with Masters offered technique development sessions in classic and skate skiing as well as fitness development sessions.



Skiers line up at the KNSC Enduro start

On-snow training started later this year than last year due to the late arrival of snow. On-snow training took place at Kawartha Nordic Ski Club and Lakefield College School on Wednesday nights, Saturday mornings, and Sunday mornings. Skiers this year set personal bests at the OFSAA Nordic Ski Championships in Sudbury and we had a great turnout for the Kawartha Enduro and Kawartha Double Double. Another season-highlight was seeing our club represented by nine young athletes at the Ontario Midget Championships at Temiskaming Nordic in New Liskeard. A season-end ADP dinner and awards banquet took place at the end of March at KNSC.

MEMBERS /MEMBERSHIPS

This season has seen a new member/ membership growth of almost 10% from last season's numbers and many first time visitors that skied here this year left anticipating a return. Our club had 835 members this season. According to our membership report, skate skiing has been on a constant growth pattern since 2006 and is now enjoyed by almost 50% of our skiers. KNSC has some very important members that must be mentioned; Keith Buchanan, Dave Goslin, Conrad Hill, Barry Diceman, and Anke and Ian Blaiklock are all original founding members of the club from **1976** and are currently still members!

The following members listed have been with the Club continuously for **30+ years**: Sylvia and Jim Cashmore, Marilyn and Harry Ellis, Don Frederick, Carol and Bruce Hodgins, Joyce Mackenzie, Pam and Gord Maitland, Susan and Terry Pecoskie, Hennie and Peter Tiesma

An honorable mention also deserved to Bill and Liz Buddle who missed only a year or two in the continuum. Thank you all for your support and dedication throughout the years.

BRAND HEALTH



Brand Health is a Peterborough Marketing Agency with a focus on health and wellbeing. Together with Cross Country Canada they have developed a cross country skiing campaign with posters that contain stunning photos and poke playfully at other sports.



The intention is to attract attention to the sport as well as increase awareness towards our National Athletes. The WOODfine lodge has supported these posters for the last few months and they have been well received. Plans are in the works to offer posters for sale - stay tuned.

VOLUNTEERS: THANK YOU!!!!!!!

There are so many individuals that donate so much of their time, enabling the KNSC to be the wonderful place that it is; Cabin keepers and Coordinators, Groomers, Ski Patrols, Coaches and Assistants, Trail and Cabin Adopters. **Kudos** to all of you volunteers for making this past season a most enjoyable success. Hope you are back next season and have a great summer!

SPECIAL THANKS

A special thanks goes out to our wonderful staff and board of directors:

Staff:

Wendy Reid - Day Lodge Attendant
Carrie O'Toole - Youth Program Coordinator
Jon Grimwood - Head Coach
Matt Woodcroft - Groomer

Board of Directors:

Kim De Leenheer — Treasurer
Neil Hannam
Todd Harris — Vice President
Peter Lawless
Michael Nevills — Secretary
Diane Rogers — Director of Programs
Dave Rutledge — Director of Trails
Kent Todd
Vince Way-Nee — Director of Facilities
Bruce Wurtele — President

and also to the following special volunteers:

Pat deVilliers and Jill Topping — Cabin Keeper Coordinators, Peter Tiesma — Maps and Signs, and of course **Dave Woodfine** — Groomer and Trail Captain