



## *CCNL Update, December 2016*

### **Best Ski Camp Ever at Menihek Nordic, Labrador City!**

<http://crosscountrynl.com/>

What a great weekend for ski races December 3 - 4, 2016, with warm temperatures, abundant snow, excellent groomed trails, and lots of skiers. Skiers came from all over NL for the Menihek Nordic experience. We hosted the Provincial Team here for the past week along with other skiers seeking snow. The on-snow provincial camp went off without a hitch with on-snow training, technique instruction, and video analysis, along with good food and great social events. *The Labrador Open* was the first in a series of NL Cup Races to be hosted all over NL this winter.

Luke Dunphy, Provincial Team Coach, said this was one of the best camps ever with great snow, fantastic trails, and an excellent support system at Menihek Nordic. Luke was assisted in coaching by Brian Dunphy of Stephenville, and Rhonda Lawrence and Alf Parsons of Menihek Nordic. Mike Vieira, Manager of Coaching Development with Cross Country Canada came in for the whole camp and was a great asset to the camp doing an excellent job of assisting with daily training. He also conducted a Train to Train course with Luke Dunphy and Rhonda Lawrence. We really appreciated having Mike here at Menihek Nordic.

Menihek Nordic looks forward to hosting it's next event mid-February, a Regional Kids Fest and then the 42nd PAL Great Labrador Loppet April 1, 2017.

Happy trails,  
Gerry Rideout

2016 Labrador Open Ski Races Results

<http://zone4.ca/results.asp?id=8314&cat=all>,

<http://zone4.ca/results.asp?id=8310&cat=all>, <https://youtu.be/-wB40CZJ3tU>

Photos below courtesy of Gerry Rideout



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<http://www.cccski.com/Membership/Club-Stories/NL-Cross-Country-Provincial-Team-presented-at-Meni.aspx#.WFsU65KxOZ9>



Left to right Brian Dunphy, Mike Vieira, and Luke Dunphy.

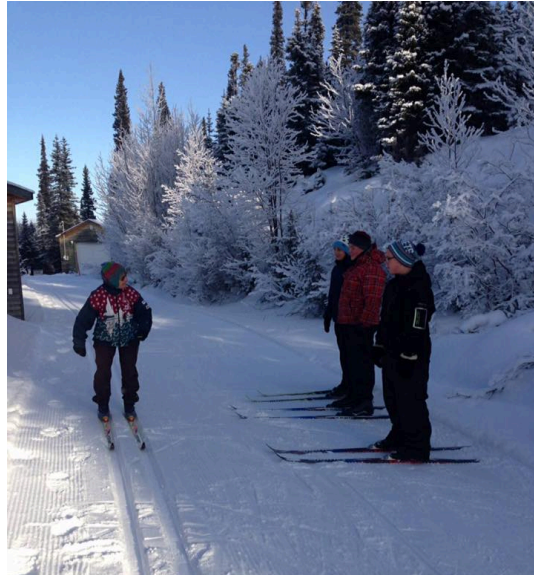


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November 27, 2016

Judy May Level 3 Coach gives Introduction to Community Coach and Community Coach course at Menihek Nordic.



Master skiers train at Menihek Nordic in fabulous ski conditions for the World Masters in Switzerland. Bruce LeGrow president of the Canadian masters, Dave King of Stephenville and Joseph Kryger of Ottawa, along with Alf Parsons, have been training at Menihek for the past 10 days. Bruce said the ski conditions are just magnificent and the warm temperatures have made for excellent training conditions.







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### 2016 - 2017 CCNL CALENDAR OF EVENTS

		National Calendar	Provincial Calendar	Club Calendar	Location	Notes
27-Nov	04-Dec		Lab Camp		Lab City, NL	
03-Dec	04-Dec		LAB Open (NL1)		Lab City, NL	
10-Dec	11-Dec					
17-Dec	18-Dec					
24-Dec	25-Dec					
31-Dec	01-Jan					
07-Jan	08-Jan					WJT this weekend, Park City, UT
14-Jan	15-Jan		Ye Olde (NL2)		Corner Brook, NL	
21-Jan	22-Jan					HS Exams Jan 20 to 27 (inclusive)
28-Jan	29-Jan			Kid Fest (East)	Clarendville, NL	
28-Jan	28-Jan			Snowy Owl (Jan 28)	Stephenville, NL	
03-Feb	05-Feb	Easterns			Cantley, QC	
04-Feb	05-Feb		Prov Masters	Kid Fest (Lab south)	Stephenville, NL	WJC Park City, UT
11-Feb	19-Feb	National Masters			Charlo, NB	
18-Feb	18-Feb			BMD Loppet (Feb 18)		
18-Feb	19-Feb			Kid Fest (Lab West)	Lab City, NL	
25-Feb	26-Feb		Summit (NL 3)		Clarendville, NL	
25-Feb	25-Feb			Whaleback Loppet (Feb 25)	Stephenville, NL	
03-Mar	10-Mar	World Masters			Klosters, Switzerland	
04-Mar	04-Mar		Marathon		Stephenville, NL	
11-Mar	12-Mar		Gander Inv. (NL4)		Gander, NL	
11-Mar	12-Mar			Kid Fest (North)	St. Anthony/MSM	
18-Mar	19-Mar			Kid Fest (Central)	Gander, NL	
18-Mar	19-Mar			Kid Fest ( West)	Pasadena, NL	
18-Mar	25-Mar	National Champs			Canmore, AB	
25-Mar	25-Mar			Lakeside Loppet (Mar 25)	Lakeside, NL	
01-Apr	01-Apr			Great Lab Loppet	Lab City, NL	
08-Apr	09-Apr		Provincials (NL5)		St. Anthony, NL	
15-Apr	16-Apr					Easter April 14 to 23 (inclusive)

\*\* Highschool championships date and location to be announced.





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Great news folks, ***The Outfitters*** pledged to be the title sponsor for the CCNL Marathon for the next four years! That's a total of \$4,500 which will go a long way in ensuring host clubs have the financial support needed to put together a quality, safe and fun race day. This year, the marathon is scheduled to take place in Stephenville on Saturday, March 4, 2017. The crew at Whaleback Nordic is already in early stages of preparations.

In addition to financial support, ***The Outfitters*** will also be organizing a coach bus that will be departing from St. John's and picking up skiers on route to Stephenville along the Trans-Canada Highway. If you're interested in catching a ride, email [operations@theoutfitters.nf.ca](mailto:operations@theoutfitters.nf.ca) for more details.



## CCNL Update, December 2016



### Cross-country Ski Trails Grooming for Success

*Government of Canada and City of St. John's invest in Avalon Nordic Ski Club operations in Pippy Park*

Today St. John's East MP Nick Whalen, announced a major investment in the Avalon Nordic Ski club. Whalen says the Atlantic Canada Opportunities Agency (ACOA) will give the club \$100,000 towards its snowmaking project at Pippy Park. Mr. Ron Ellsworth, Deputy Mayor of the City of St. John's announced it will invest another \$50,000.

Avalon Nordic will use the money in 2017 to buy snowmaking equipment for Pippy Park's Winter Activity Centre. The equipment will be installed in time for the 2018 ski season.

Avalon Nordic president, Colin Taylor, says climate change has reduced the snow cover at ski facilities around the world. Manufactured snow provides a strong base that will help retain snow cover, extending the ski season on Pippy's approximate 4 kilometres of winter activity trails.

Television personality Andrew Younghusband (Host of Discovery's "Canada's Worst Driver" and "Harder than it Looks") has offered to use his talents to help the club raise any additional funds required. Younghusband learned to ski at Pippy Park. Andrew learned to ski in Pippy Park and credits the sport for his lifelong love of adventure and the outdoors.



Colin Taylor, Avalon Nordic Ski Club President and Nick Whalen, St John's East MP.

ACOA press release:

[http://news.gc.ca/web/article-en.do?nid=1160629&tp=1&\\_ga=1.133877446.976346063.1479909255](http://news.gc.ca/web/article-en.do?nid=1160629&tp=1&_ga=1.133877446.976346063.1479909255)



## CCNL Update, December 2016

### Junior Development Tickets, 2017


Again CCNL has tickets put forth for CCNL Junior Development Prize Draw.

Vice Presidents in each region are in charge of the draw which will take place at the Marathon in Stephenville, March 4th, 2017.

Each Club has an allotment of tickets to sell for \$5.00 each, and can keep \$2.00 to help support activities at their respective clubs.

Funds going to CCNL assist in the travel of teams to events and competitions.

Please buy tickets and support your club and CCNL Ski Association. (see below).

 Cross Country Newfoundland and Labrador  
**Junior Development Prize Draw 2017**

Name: \_\_\_\_\_


Address: \_\_\_\_\_

Phone: \_\_\_\_\_


Seller: \_\_\_\_\_

Licence #16-10252100LT **6401**

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 Cross Country Newfoundland and Labrador  
**Junior Development Prize Draw 2017**

1st Prize A Bundle including **The New Apple iPad** wi-fi 32G, **iPhone 6** 16G, choice of **X-Box One** or **PS4** Est. Value \$1800

2nd Prize  **Gift Certificate Value \$1000** (donated by PAL Airlines)

3rd Prize **Chariot Cougar 1 Child Carrier with Ski Kit \$1050** (The Outfitters, St. John's)

4th Prize **\$500 CASH**

5th Prize **Gift Certificate - \$200 Value** (donated by The Outfitters, St. John's)

6th Prize **Frozen Shrimp - \$200 Value** (donated by St. Anthony Seafoods)

7th Prize **Gift Certificate - \$200 Value** (donated by CWT Harvey's Travel)

8th Prize **Snowshoes (metal) - \$150 value** (donated by CCNL)

9th Prize **Gift Certificate - \$100 value** (donated by Parski Sports, Labrador City)

10th Prize **Gift Certificate - \$100 value** (donated by Menihok Nordic Ski Club)

**Tickets: \$5.00 each 6401**

**Draw Date: March 4, 2017 at Whaleback Nordic Ski Club**  
**Stephenville, NL, at the Newfoundland Marathon**

**\$100 prize will be awarded to the seller of the first prize ticket**  
6,500 tickets printed by the Copy Shop, Labrador City • Licence #16-252100LT





## *CCNL Update, December 2016*

### **SkiTrax Annual Buyer's Guide 2016 Flip Page Released**

We're pleased to present our season kick-off SkiTrax Annual Buyer's Guide 2016 edition in digital Flip Page format as the season gets underway with two key events on the calendar - the 2017 FIS Junior/U23 Nordic Worlds taking place in Utah in late January followed by the Lahti 2017 Nordic Worlds in Finland at the end of February.

This blockbuster edition features our comprehensive North American Buyer's Guide for skis, poles, boots and bindings along with features on Quebec's Mont-Tremblant, Fat Biking Winter Rage, Pentathlon des Neiges ITU S3 Winter Triathlon, plus our annual Gear 2016 Test Report and US/CAN Team and Race Season Previews.

All ads in our Flip Page publications are linked accordingly and we wish everyone a great season ahead. For the SkiTrax Annual 2016/17 Flip Page please click [here](#).



For more information please contact Benjamin Sadavoy directly at 416-977-2100 or [benjamin@skitrax.com](mailto:benjamin@skitrax.com).



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Makaila Hudson competing at NorAm's in Silver Star, Vernon, British Columbia

Haywood NorAm & Buff Sprints, USSA Super Tour, December 10 - 11

Junior Women 10km free 15th

1.2km sprint 12th





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### **CCC Officials Level 3 Course**

CCC is coordinating a Level III Officials Course during the Canadian Ski Nationals in Canmore. Dates would be a 4 day period during the event which runs March 18 - 25, 2017. Exact days will be confirmed in the course announcement.

Because we have had difficulty meeting a minimum quota of 8 participants in the past, I'm writing to ask you to indicate the number of Officials from your Division that would be interested in attending the Level III in March. An answer by December 18 would be appreciated so planning can begin in earnest.

Thank you for your consideration of the above. Please respond to Dave at [ddyer@cccski.com](mailto:ddyer@cccski.com)

### **Travel Subsidy Claim Forms**

The following links have been provided by Will Fitzgerald:

[Junior Development Claim Form for Travel Subsidy](#)

[CCNL Subsidy for Schools Attending the School Sports Newfoundland and Labrador \(SSNL\) Cross Country Skiing Championships](#)

***Everyone, please check out our new website designed by Jason Soper.  
Super Job, Jason, Thanks!***

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Fax: 1-866-473-0471  
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***Sponsors for 2016 - 2017 Ski Season***



**Teck**





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*Merry Christmas from*

**CCNL Executive for 2016 - 2017**

President - Gerry Rideout  
Treasurer - Bridget Baker  
Secretary - Pamela Cronhelm  
VP Eastern - Blaine Pearce  
VP Central - Nick Soper  
VP Western - Greg Noonan  
VP Northern - George Pink  
VP Labrador - Darcy Hancock  
JackRabbit Dir. - Tina Newbury  
Coaching Dir. - Judy May  
Jr. Development Dir. - Brian Dunphy  
Head Coach - Luke Dunphy  
Ski Team Admin. - Karin Kuhne  
Officials Dir. - Brian Brewer  
Para Nordic - Margaret Tibbo  
Policies & Procedures Dir. - George Pink  
Newsletter - Pamela Cronhelm  
Website - Pamela Cronhelm  
CANSI Dir. - Vacant